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Technical Report No. 13:

Home Economics Center for Research

CHARACTERISTICS AND NEEDS OF THE POPULATION LIVING NEAR THE GREENSBORO BUSINESS DISTRICT

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This publication reports the findings of an inter-campus-community survey of a population living in an urban area of transition. Cooperating in the study were: the Department of Geography, the Department of Sociology, and the School of Home Economics of the University of North Carolina at Greensboro; the Greensboro Urban Ministry; West Market Street and Grace United Methodist Churches; and the Greensboro Council on Aging. Major financial support was through a Research Council Grant (Number 713), University of North Carolina at Greensboro.

PREFACE

The Home Economics Center for Research is a multi-disciplinary facility of the School of Home Economics, dedicated to three purposes: research, teaching and community service. The Center for Research facilitates research conducted by faculty, graduate students and undergraduate students in the solution of "people-oriented problems." Research projects under the umbrella of the Center, in most cases, have an interdisciplinary or home economics intra-field orientation.

Technical Report 13 is a compilation of reports stemming from a "people-oriented research problem" conducted by an "inter-campus - community research team." The team was composed of faculty, graduate and undergraduate students from the University and community representatives. The findings reported here demonstrate the value of an interdisciplinary approach to the investigation of a major societal problem of which concern, in this case, is the characteristics and problems of a population located in an urban area of transition. Initial interest in this problem evolved as a result of concern by large downtown Greensboro churches, the Urban Ministry, and the University in the day-to-day needs of concentrations of older people located in a large downtown transitional area.

Chapter One of the report provides information on the background of the research problem, the composition of the research team and basic sampling procedures used in the study. Chapter Two deals with the social and economic characteristics of the overall population in the area of transition. The second section of Chapter Two relates

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specifically to the respondents 65 years of age and over and their characheristics in regard to transportation. Chapters One and Two were developed through the perspective of a geographer.

The third chapter of this report, a contribution by two sociologists, compares the elderly in the transitional area to the general population of older persons in Guilford County. Base line data for the comparison were taken from Agricultural Experiment Station Project 3240, a study recently reported in a Home Economics Research Center publication (See Chapter Three for documentation). Comparisons of the two groups of older people are in reference to household companions, migration patterns, economic characteristics and activities.

Chapter Four focuses on the nutrition of the aging from the vantage point of a home economist. Stereotyped images of the aging are explored along with the National Nutrition Program and the value of nutrition education. The author reports on findings from the transition area study that dealt specifically with the eating and meal patterns of older respondents. Recommendations are made for dealing with the nutritional problems and needs of persons 65 years of age and over.

The final section of the report is a descriptive account of the changing land use patterns in the geographical area of study. The author, a sociologist, points out major social problems of both the older and younger populations that have evolved as a result of residential decay and shifts in land usage. The article suggests

the need for city planners to consider and be concerned with factors governing land use which affect the citizens who are forced by socio-economic reasons to continue residence in such an area of transition.

Vira R. Kivett
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for Research

TABLE OF CONTENTS

Page

PREFACE..... ii

LIST OF TABLES..... vi

LIST OF FIGURES..... viii

CHAPTER

I. INTRODUCTION..... 1

II. POPULATION AND TRANSPORTATION CHARACTERISTICS..... 7

Population Characteristics
The Household
The Interviewee
Transportation Characteristics and Needs of the Elderly

III. SELECTED ASPECTS OF URBAN LIVING AMONG THE TRANSITION AREA AGED IN COMPARATIVE PERSPECTIVE..... 28

Home and Family
Neighborhood and Economic Circumstances
Activities
Attitudes
Conclusion

IV. NUTRITION AND THE ELDERLY..... 41

The National Nutritional Program
Findings from the Greensboro Study
The Physiology of the Aging
Nutrition Education

V. LAND USE..... 69

APPENDIX..... 91

LIST OF TABLES

Table		Page
II-1.	Population Characteristics of Interviewees	16
II-2.	Transportation Characteristics of Interviewees	23
III-1.	Persons Living Away from Relatives According to Guilford County and Transition Area (Percent)	35
III-2.	Living Arrangements According to Guilford County and Transition Area (Percent)	35
III-3.	Marital Status According to Guilford County and Transition Area (Percent)	36
III-4.	Frequency of Visiting with Relatives and Friends According to Guilford County and Transition Area (Percent)	36
III-5.	Number of Years in the Neighborhood According to Guilford County and Transition Area	37
III-6.	The Status of Home Ownership According to Guilford County and Transition Area (Percent)	37
III-7.	Sources of Income According to Guilford County and Transition Area (Percent)	38
III-8.	Subscriptions and Activities of Transition Area Sample According to Age (Percent)	38
III-9.	Attitudes About Old People Held by Old and Young Transition Area Residents According to Percent of Response	39
IV-1.	Income of the Elderly According to Source (Percent)	61
IV-2.	Monthly Income of Persons Over 64 Years of Age According to Percent	61

Table | Page

IV-3. Frequency of Meal Preparation by the Elderly According to Part of the Week (Percent) 62

IV-4. Resources Utilized by the Elderly in Meal Preparation and Menu Planning (Percent) 62

IV-5. Meals Eaten Away from Home by the Elderly According to Companions (Percent) 63

IV-6. The Consumption of Tobacco Products by the Elderly According to Type (Percent) 63

V-1. Land Use - Downtown Greensboro Section (1963) 80

V-2. Land Use - Downtown Greensboro Section (1973) 81

V-3. Losses and Gains in Land Use According to Building Downtown Greensboro Section (1963-1973) 82

V-4. Vacant Lots According to Owner, Zoning and Tax Base Downtown Greensboro Section (1974) 83

LIST OF FIGURES

Figure		Page
1.	Study Area (General)	4
2.	Study Area (Detailed)	5
3.	Time Spent Eating Meals and Snacks	50
4.	Land Use in the Study Area	70

CHAPTER I

INTRODUCTION

D. Gordon Bennett*

The late 1960's and early 1970's were years of an increased realization on the part of the general citizenry, officials and many academicians that the universities, nationally, could and should become more involved in community life and problems. One of many ways that communication between the university and the community has grown has been through their joint efforts in developing research designs which would make use of the combined backgrounds of citizens, officials, and academicians. The focus of these efforts has been to learn more about the people of the city and their problems so as to provide a base for the adoption of policies and programs aimed at resolving many of the difficulties present in the community.

Among the many concerns of today are questions relating to residential sections adjacent to the central business district (CBD). What demographic and land use changes are occurring in the area? What is the composition of the population? Consequently, what particular needs and problems do the residents have which they alone cannot meet? What is being done and what might be done to rectify the difficulties faced in these parts of the city?

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*Dr. Bennett is an Assistant Professor in the Department of Geography at the University of North Carolina at Greensboro.

This research project evolved from this author's interest in the problems of the elderly, particularly, those of transportation and related needs. In addition, the Reverend Paul Bradley, Minister of Education of a large downtown church, West Market Street United Methodist, expressed an interest in learning more about these difficulties and also the needs of younger people from this residential area. As a result of Mrs. Vira Klvett's (School of Home Economics) interest in the needs of older people and the problems on aging in Guilford County, she was contacted to provide suggestions for developing the project.

When discussing the proposed study with the Reverend Bill Bigham, Director of the Greensboro Urban Ministry, it was learned that several students at UNC-G had been working with him on similar surveys and that he too, wished to participate in this study. Ms. Elsa McMullen, a doctoral student (Home Economics - Foods and Nutrition) and Ms. Sonia Willinger (Sociology), students enrolled in Geography, also indicated their interest in the project. Mr. Butch Sherrill, a student at Greensboro College, was working at the time of the study with the Urban Ministry at Grace United Methodist Church to aid in providing for needs of persons in the specified age groups living near the church. Mr. Sherrill was assigned to this portion of the survey. Two other UNC-G students had worked with the Urban Ministry and with Professor David Mitchell (Sociology) on sociological aspects of aging. When informed of the evolving project, Dr. Mitchell and Ms. Ellen Walters and Ms. Julie Brooks joined the team. A local citizen and part-time student at UNC-G, Mr. Russell

Franklin, had been working on problems of the elderly and stated his interest in the research effort. In addition, advice was also sought from Ms. Susan Scott, Director of the Greensboro Council on Aging, and Ms. Gladys Robinson, Director of Retired Senior Volunteer Program of the United Community Services.

The above named group met in a series of meetings to sharpen the research design for the project. Since such a wide range of disciplines, organizations, and interests were present and since the group wanted to try to avoid duplication of efforts, it was decided that an in-depth study of a section of the residential area fringing the CBD would be conducted. The geographical boundaries of the study were Battleground Avenue on the north, North Eugene Street on the east, West Market Street on the south, and the Southern Railroad tracks (beside the Hilton Inn and Greensboro College) on the west. (See Figures 1 and 2). As a result of the scope of the proposed research project, an application was made by Professor Bennett to the UNC-G Research Council for assistance with supplies, data processing and cartographic personnel.

The major topics of interest dealt with in this publication are: (1) population structure and change, (2) transportation characteristics and needs of the people, (3) nutritional habits and problems of the elderly, (4) land use patterns and change, and (5) attitudes of the people toward the aged population. (See Appendix for questionnaire).

The research team is most appreciative to the Departments of Georgaphy and Sociology and the School of Home Economics for initial

STUDY AREA

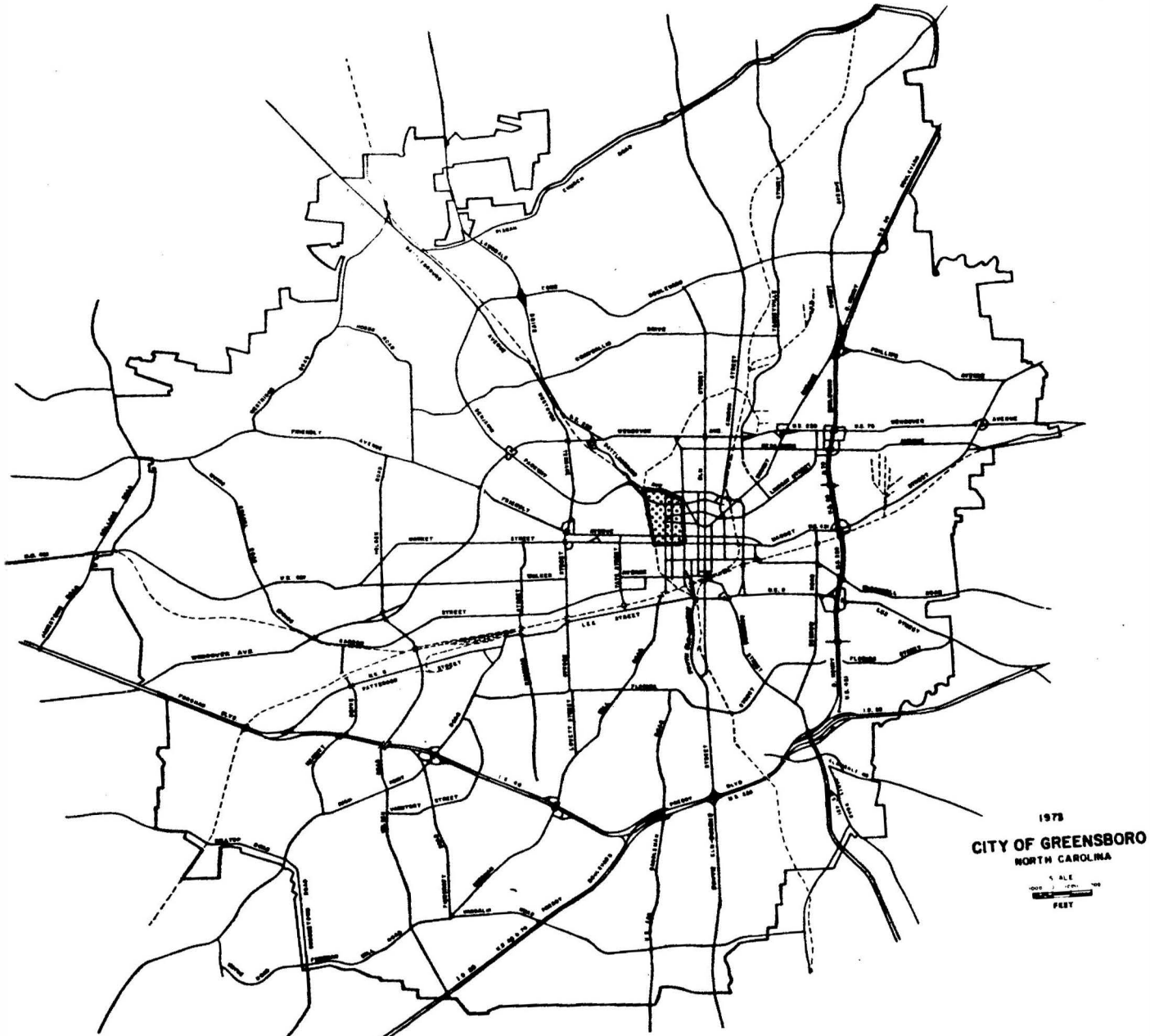

FIGURE 1.

STUDY AREA

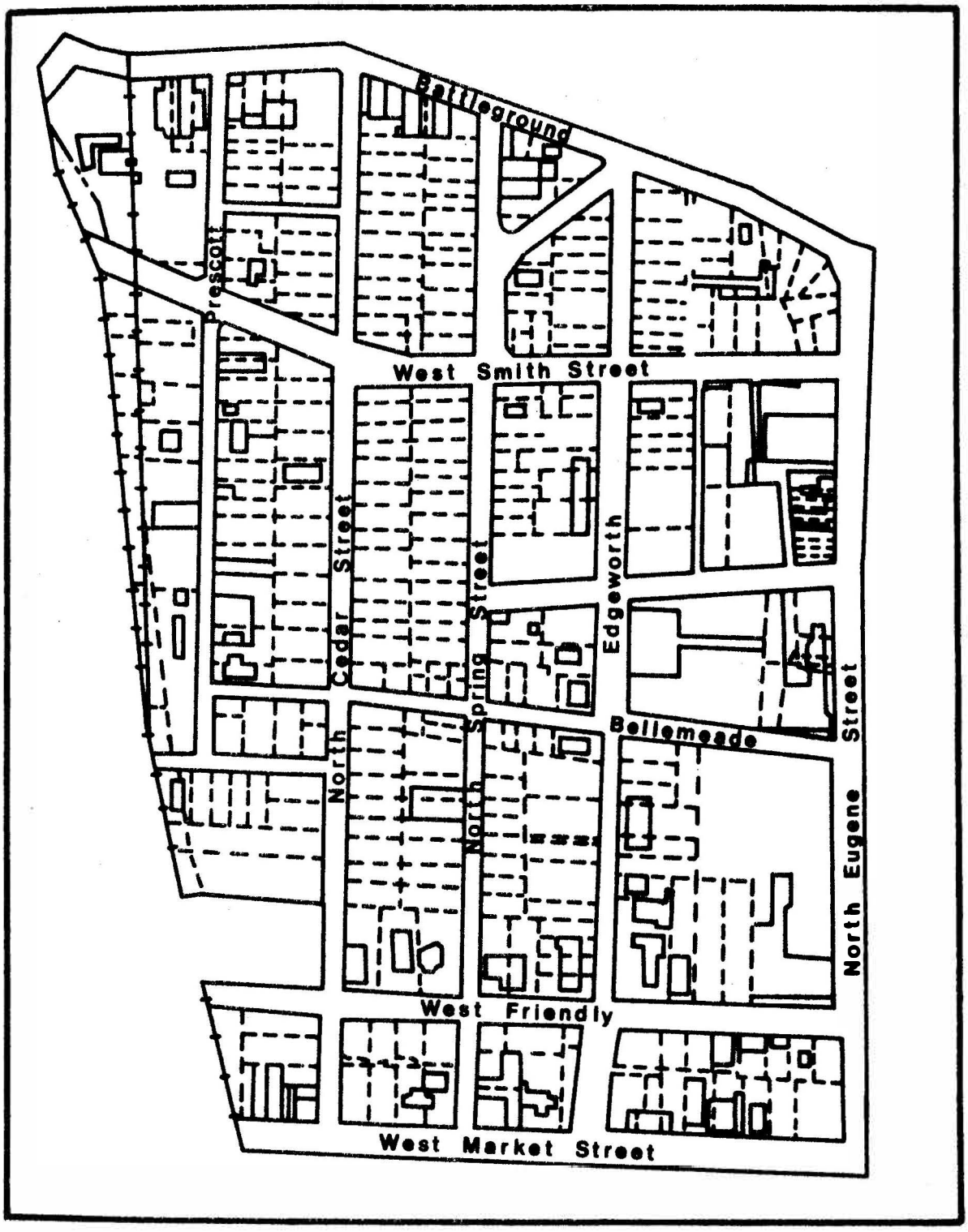

FIGURE 2.

support. We are, also, indebted to the Research Council for providing further financial assistance. A special debt of gratitude is expressed to the School of Home Economics for financing major publication costs of the results of the study. Appreciation is extended to the Greensboro Urban Ministry, for counsel; the Greensboro Planning Department and to Ms. Kris Hayes and Ms. Kay Garcia for cartographic assistance; and to Dr. David Mitchell and the UNC-G Computer Center for Assistance in computer program development.

It is anticipated that this research will not only prove of immediate benefit to particular social agencies and churches, but will serve as a pilot project for additional work which needs to be done in adjoining residential areas around the CBD.

CHAPTER II

POPULATION AND TRANSPORTATION CHARACTERISTICS

D. Gordon Bennett

All of the census tracts in and to the north and west of the Greensboro CBD lost population between 1960 and 1970. The 1960 population density for these areas, except in the CBD, was among the highest in the city. Although density had declined by 1970, it was still higher than for the city as a whole. New businesses and parking lots have replaced many of the dwellings which were located here previously.

Although an attempt was made to interview each household, some individuals would not answer the questionnaire and repeated calls at several addresses found no one at home. Thus, 93 interviews were completed, representing about two-thirds of the households in the area sampled.

Population Characteristics

The Household. Of all the households studied, approximately one-half contained persons living alone, while less than one-third had husbands and wives living together. These patterns varied considerably for the elderly and remaining sample. About 70 percent of the elderly households had individuals living alone, while only 35 percent of the other households did so. Moreover, only about 10 percent of the elderly households had both husband and wife present, whereas nearly 45 percent of the remaining households had this composition. Less than 10 percent of the households had a parent living with adult children.

Almost one-half of the households had at least one elderly person, but only about one-fourth contained children under 18; and about one-third of the approximately fifty children lived in only three of the households. Thus, although assistance may be needed by some of the children in this part of town, most of the programs developed for the area should focus primarily on the elderly. Although one might expect an area with such a large proportion of elderly persons to be largely composed of females, they accounted for only 56 percent of the total population. Nevertheless, females accounted for about three-fourths of the elderly.

The Interviewee. The interviews for this research were so conducted that if an elderly person (65 years or older) lived in the household and was capable of answering the questions, that individual was the one interviewed. Another adult in the household was interviewed if the older person could not participate. This procedure was carried out in order to provide maximum data regarding the aged, while also deriving general information concerning the entire household. (See Table II-1 for characteristics of interviewee). About one-half of the interviewees were 60 years of age or over, while one-fourth were between 40 and 59 years, and one-fifth were between 19 and 29. Less than one-tenth of the Greensboro population is 60 years of age or over. Thus, this neighborhood has a significant concentration of persons who now, or may soon, need the kinds of assistance typically needed by the elderly.

Only one of the 93 persons in the sample was non-white, and he was under 65 years of age. The many problems noted among persons

in this area probably represent characteristics and needs of whites living in other parts of Greensboro, a city generally thought of as an affluent community. Over one-fourth of those interviewed were widowed, with another one-sixth either separated or divorced, and nearly one-fourth single. Approximately three percent of the sample lived in an extended family situation. About 17 percent of the interviewees had been married more than once, a figure comparable to the nation as a whole. About three-tenths of those interviewed had less than a high school education; nearly six-tenths had a high school education, but had not completed college; and over one-tenth had finished college.

Two-thirds of those interviewed did not work or were employed in an unskilled occupation, and less than one-tenth were in either managerial or administrative positions. The income and educational levels of a large proportion of this group as a result, were rather low. Financial resources to meet unexpected medical or other expenses or to save for retirement probably were often insufficient. Only about one-fifth of the respondents owned or were buying their own home. Over one-half of the dwelling units had four rooms or less. The fact that the predominate housing units in this area are rental units indicates that it probably contains a highly mobile population. Over nine-tenths of those responding to the survey said that less than $100 a month was spent on housing.

Most of the respondents, 57 percent of those answering the question on income, had less than $400 a month to spend on all expenses. Only about one-half of the respondents had an income from

a salary. Although over two-fifths received social security benefits, only one-seventh received an employment pension. One somewhat surprising note was that nearly one-third had income from savings and investments. The overall picture is clear. Most persons interviewed lived on small incomes, often from retirement sources, spent little for housing, and rented four rooms or less.

Americans are known to be a highly mobile society, and many of our problems stem from, or are made more difficult by, this siutation. More and more, people leave the place of their birth or rearing and move far away from their parents and other relatives. Thus, in times of greatest need, it is possible that relatives are far away and unable to assist. (This is not to imply that relatives nearby always give aid when needed).

In this older section of Greensboro, three-fourths of those interviewed were born outside Guilford County, with most of them being from outside North Carolina. Only one-seventh of the respondents were born in Greensboro and rural backgrounds were relatively common. One-fourth of the interviewees had been a farmer, while nearly two-fifths of the parents of either these individuals or their spouses had been a farmer. Although a high percentage of the interviewees had been born outside the county and the state, nearly three-fourths of them said they had relatives living in Greensboro or nearby. Whereas 40 percent had relatives come to see them at least once a week, 48 percent had such visits less than once a month. Therefore, it is certainly possible that some of the people surveyed could have needs on occasion which neither they nor their relatives

might be able to meet.

Friends could assist these individuals if relatives were not available. Over two-thirds of the respondents were visited by friends at least once a week, while one-sixth had friends come to see them less than once a month. These findings show that there is a possibility that some persons had very little contact with friends or relatives and might not know whom to call for help, if needed. Most of the people either had a telephone (83 percent) or had access to one (14 percent) and three percent had neither a phone nor access to one.

Persons having need of special assistance at various times are the handicapped. One-third of the respondents indicated that they had a handicap and one-tenth said that another member of the household was handicapped. This is another indication that several people living in this section might need assistance, or at least someone to call in case of an emergency.

Many of the residents of this section of the city have lived in Greensboro for several years, but have resided at their present address for a fairly short time. Nearly one-half have lived at their present residence for less than three years, with almost one-third being there less than one year. Over two-thirds of all those living in this neighborhood had moved from somewhere else in Greensboro. As a result, the respondents had some familiarity with the city. Only one-sixth of the sample had moved from outside Guilford County and one-tenth from outside North Carolina. Approximately three-fourths of the respondents had been born outside Guilford County,

with two-fifths born outside North Carolina.

Almost one-half of the interviewees had lived at their previous residence for less than three years. Of those persons living in their present dwelling less than five years, over one-half had also lived in Greensboro in their previous residence.

These findings demonstrate that most of the persons living in this section of town have lived in the city for several years, but have been extremely mobile, at least recently. Most of the movements have been intra-urban rather than rural-urban, inter-urban, or inter-state. These results substantiate recent findings in geographical research concerning residential migration.

The reason given most often by the sample for having moved from their previous residence was that they were forced to move because of redevelopment and condemnation. The third major reason involved changes in the stages of the life cycle, such as marriage and school. Other reasons worthy of mention were personal, cost of housing, and job change.

Transportation Characteristics and Needs of the Elderly

Transportation is one of the main problems of many of the elderly. In our auto-oriented society with the parellel lack of adequate mass transit, journeys to work, shopping, physician visits, etc. usually require access to a car. Of the total sample, one-half of those interviewed owned a car. Of the elderly, only 36 percent reported car ownership. Approximately 45 percent of the total sample as compared to one-third of the elderly drove their own car. An

additional 13 percent of the total sample and three percent of the elderly drove another's car. Thus, nearly two-thirds of the elderly did not drive a car and were limited in their mobility. As a result of the importance of this observation, only the findings regarding the elderly will be developed in this section.

Nearly three-fourths of the elderly did major grocery shopping at least once a week, but only two-fifths of them drove there. Slightly more than one-third relied upon someone else to give them a ride. Only eight percent took a taxi and six percent walked. About two-thirds spent an hour to an hour and a half for each trip. One-fifth of the elderly said they would go to the grocery store more often, if they had transportation. Approximately one-third of the elderly did minor grocery shopping at least weekly, and only one person said that he would go more often if transportation were provided.

One-fifth of the older people did "other" shopping once a week and another one-fifth, once every two weeks. Only one-fourth drove, while 14 percent rode with someone else. One-third, the greatest proportion, walked (probably downtown) to do their shopping. Most of them spent between one and two hours on each trip. Approximately one-fifth of those responding said they would go shopping more often if they had transportation.

About one-fifth of the elderly reported going to the drug store more than once a month, and approximately one-third went monthly. One of the main reasons for the somewhat low frequency of trips to the pharmacy by the elderly, a group with a relatively high degree

of poor health, was the fact that several drug stores delivered medicine. The method of transport to the pharmacy was fairly evenly divided among those driving, walking, and riding with someone. Only a few persons indicated that they would go to the drug store more often if transportation were provided.

Nearly three-tenths of the elderly went to the doctor every three months and another three-tenths went once a year. Approximately 55 percent either drove or rode with someone else. Of the 45 percent who had to find some other way of getting to the doctor, nearly one-half walked. Only a few said they would go to the doctor more often if they had transportation.

At least one-half of the elderly went to church weekly, and most who went to church drove or rode with someone else. One-fourth of those responding said they would go more often if they had transportation. About one-fourth of the elderly attended various meetings, and even fewer attended social meetings. None were interested in going to more meetings or social activities even if transportation were available.

Three-tenths of the persons 65 years or older visited relatives at least once a week, and another two-tenths reported monthly visits. Almost all of these respondents drove or rode with someone else. Each visit approximated three hours or more. Less than one-fifth said they would visit relatives more often if they had transportation. Visiting of friends was more frequent than the visiting of relatives. About four-tenths of the elderly visited friends at least weekly, while about two-tenths reported monthly visits. Walking was as

frequent as driving or riding with someone else. Visits with friends were usually of shorter duration than those with relatives. Again, a fairly small proportion of the elderly would increase visitation to friends if transportation were available.

In summary, many of the elderly lacked access to a car and took fewer shopping trips than the population as a whole. Nevertheless, most of them did not express a desire to increase shopping, visiting relatives or friends, or attending church if transportation were provided. In general, about one-fifth to one-fourth of the elderly would increase their trips and activities in various areas if transportation were available. It would appear that at least 20 percent of the elderly persons in the study area desired to increase their trips or contacts with others. Transportation provided to these individuals would be of significant benefit.

TABLE II-1.

POPULATION CHARACTERISTICS OF INTERVIEWEES

CHARACTERISTIC	OVER 64	UNDER 65	TOTAL
RELATION TO HEAD			
Spouse	7	25	32
Child	0	0	0
Parent	2	7	9
Relative	1	1	2
Other	0	4	4
Live Alone	25	20	45
Total	36	57	93
RACE			
White	36	56	92
Black	0	1	1
Total	36	57	93
AGE			
19-29	0	20	20
30-39	0	6	6
40-49	0	12	12
50-59	0	12	12
60-69	9	7	16
70 and over	27	0	27
Total	36	57	93
SEX			
Male	7	18	25
Female	29	39	68
Total	36	57	93
EDUCATION			
0-4	0	2	2
5-8	3	5	8
9-12	15	13	28
13-16	6	17	23
17 or more	2	0	2
Total	26	37	63

TABLE II-1. (Continued)

CHARACTERISTIC	OVER 64	UNDER 65	TOTAL
PLACE OF BIRTH			
Greensboro	1	12	13
Guilford Co.--Not Greensboro	3	7	10
N.C.--Not Guilford County	18	14	32
Outside N.C.	14	23	37
Total	36	56	92
MARITAL STATUS			
Married	7	26	33
Separated	2	6	7
Divorced	3	4	7
Widowed	20	4	25
Single	3	17	21
Total	36	57	93
TIMES MARRIED			
Once	28	29	57
Twice	4	7	11
Three times	0	3	3
Single	2	7	9
Total	34	46	80
OCCUPATION*			
Managers	0	1	1
Administrators	0	6	6
Clerical	0	7	7
Skilled Manual	2	5	7
Operatives	2	5	7
Unskilled	26	26	52
Student	0	5	5
Total	30	55	85
EVER A FARMER			
Yes	11	11	22
No	25	46	71
Total	36	57	93

TABLE II-1. (Continued)

CHARACTERISTIC	OVER 64	UNDER 65	TOTAL
PARENTS-FARMER			
Yes	20	24	44
No	16	33	49
Total	36	57	93
SPOUSE'S PARENTS -- FARMER			
Yes	12	16	28
No	19	25	44
Total	31	41	72
LIVING WITH ADULT CHILDREN			
Yes	2	1	3
No	34	55	89
Total	36	56	92
HOUSING			
Owner	15	2	17
Rent House	6	21	27
Rent Apt.	14	32	46
Total	35	55	90
NUMBER OF ROOMS			
One	1	4	5
Two	0	5	5
Three	10	11	21
Four	11	9	20
Five or more	14	28	42
Total	36	57	93
LENGTH OF TIME AT PRESENT RESIDENCE			
Less than one year	4	23	27
One to three years	4	14	18
Three to five years	1	4	5
Five years or more	27	15	42
Total	36	56	92

TABLE II-1. (Continued)

CHARACTERISTIC	OVER 64	UNDER 65	TOTAL
PREVIOUS RESIDENCE			
Greensboro	25	37	62
Guilford County - Not Greensboro	0	4	4
N.C.-Not Guilford Co.	6	8	14
Outside North Carolina	2	8	10
Total	33	57	90
LENGTH OF TIME AT PREVIOUS RESIDENCE			
Less Than One Year	2	17	19
One to Three Years	6	16	22
Three to Five Years	4	6	10
Five Years or More	18	17	35
Total	30	56	86
REASON FOR LEAVING PREVIOUS RESIDENCE			
Forced to Move	-	-	18
Size and Type of Residence	-	-	13
Life Style	-	-	12
Personal	-	-	10
Cost	-	-	9
Job	-	-	8
Location	-	-	7
Relatives	-	-	3
Environment	-	-	0
Others	-	-	5
Total	-	-	85
NEXT PREVIOUS RESIDENCE			
Greensboro	9	18	27
Guilford County- Not Greensboro	0	2	2
N. C.--Not Guilford Co.	2	3	5
Outside N. C.	2	11	13
Total	13	34	47

TABLE II-1. (Continued)

CHARACTERISTIC	OVER 64	UNDER 65	TOTAL
REASON FOR LEAVING NEXT PREVIOUS RESIDENCE			
Forced to Move	-	-	7
Size & Type of Residence	-	-	4
Life Cycle	-	-	9
Personal	-	-	6
Cost	-	-	2
Job	-	-	7
Location	-	-	0
Relatives	-	-	2
Environment	-	-	3
Other	-	-	3
Total	-	-	43
HANDICAPPED			
Yes	15	16	31
No	21	40	61
Total	36	56	92
OTHERS HANDICAPPED			
Yes	2	5	7
No	26	40	66
Total	28	45	73
RELATIVES NEARBY			
Yes	27	41	68
No	9	16	25
Total	36	57	93
VISITATION BY RELATIVES			
Daily	7	6	13
Weekly	12	11	23
Monthly	3	9	12
Less than Monthly	14	30	44
Total	36	56	92

TABLE II-1. (Continued)

CHARACTERISTIC	OVER 64	UNDER 65	TOTAL
VISITATION BY FRIENDS			
Daily	13	17	30
Weekly	10	22	32
Monthly	6	7	13
Less than Monthly	5	11	16
Total	34	57	91
TELEPHONE			
Yes	32	44	76
No	1	3	4
No - Have Access	3	10	13
Total	36	57	93
MONTHLY RENT PAID			
Less than $100	19	48	67
$100 or More	0	5	5
Total	19	53	72
WEEKLY SPENDABLE INCOME			
$100-$199	7	12	19
$200-$299	5	2	7
$300-$399	2	1	3
$400-$499	0	9	9
$500-$599	1	4	5
$600-$699	1	1	2
$700 or More	0	6	6
Total	16	35	51
OWN CAR			
Yes	13	35	48
No	22	21	43
Total	35	56	91
DRIVE SOMEONE ELSE'S CAR			
Yes	1	12	13
No	34	42	76
Total	35	54	89

TABLE II-1. (Continued)

CHARACTERISTIC	OVER 64	UNDER 65	TOTAL
DRIVE OWN CAR			
Yes	12	30	42
No	20	24	44
Total	32	54	86

* For purposes of categorization, housewives were grouped under the unskilled category. See Appendix for occupational breakdown.

TABLE II-2.

TRANSPORTATION CHARACTERISTICS OF INTERVIEWERS

CHARACTERISTIC	OVER 64	UNDER 65	TOTAL
MAJOR GROCERY SHOPPING			
Daily	1	1	2
Twice Weekly	7	5	12
Weekly	18	37	55
Twice Monthly	4	5	9
Monthly	2	5	7
No Response	4	4	8
Total	36	57	93
TRANSPORTATION FOR MAJOR GROCERY SHOPPING			
Car	14	29	43
Bus	1	1	2
Taxi	3	2	5
Walk	2	5	7
Ride with Someone	13	14	27
Other	1	1	2
No Response	2	5	7
Total	36	57	93
MAJOR GROCERY SHOPPING MORE OFTEN IF TRANSPORTATION AVAILABLE			
Yes	7	7	14
No	24	46	70
No Response	5	4	9
Total	36	57	93
OTHER SHOPPING			
Daily	0	1	1
Twice Weekly	0	1	1
Weekly	7	9	16
Twice Monthly	7	4	11
Monthly	3	19	22
Every 3 Months	3	3	6
Twice a Year	3	5	8
Once a Year	2	1	3
Other	3	2	5
No Response	8	12	20
Total	36	57	93

TABLE II-2. (Continued)

CHARACTERISTIC	OVER 64	UNDER 65	TOTAL
TRANSPORTATION FOR OTHER SHOPPING			
Car	9	30	39
Bus	2	2	4
Taxi	0	1	1
Walk	12	8	20
Ride with Someone	5	6	11
Other	0	1	1
No Response	8	9	17
Total	36	57	93
OTHER SHOPPING MORE OFTEN IF TRANSPORTATION AVAILABLE			
Yes	5	3	8
No	19	43	62
No Response	12	11	23
Total	36	57	93
PHARMACY			
Weekly	2	6	8
Twice Monthly	2	6	8
Monthly	7	17	24
Every 3 Months	4	8	12
Twice a Year	3	3	6
Once a Year	1	1	2
No Response	17	16	33
Total	36	57	93
TRANSPORTATION TO PHARMACY			
Car	5	23	28
Bus	0	1	1
Taxi	0	2	2
Walk	4	3	7
Ride with Someone	4	6	10
Other	6	3	9
No Response	17	19	36
Total	36	57	93

TABLE II-2. (Continued)

CHARACTERISTIC	OVER 64	UNDER 65	TOTAL
PHARMACY MORE OFTEN IF TRANSPORTATION AVAILABLE			
Yes	3	0	3
No	15	38	53
No Response	18	19	37
Total	36	57	93
DOCTOR			
Daily	0	1	1
Weekly	1	2	3
Twice Monthly	2	2	4
Monthly	3	5	8
Every 3 Months	10	10	20
Twice a Year	4	11	15
Once a Year	10	10	20
Other	2	3	5
No Response	4	13	17
Total	36	57	93
TRANSPORTATION TO DOCTOR			
Car	11	25	36
Bus	3	2	5
Taxi	3	5	8
Walk	6	6	12
Ride with Someone	9	6	15
Other	0	2	2
No Response	4	11	15
Total	36	57	93
DOCTOR MORE OFTEN IF TRANSPORTATION AVAILABLE			
Yes	2	4	6
No	24	40	64
No Response	10	13	23
Total	36	57	93

TABLE II-2. (Continued)

CHARACTERISTIC	OVER 64	UNDER 65	TOTAL
CHURCH			
Daily	1	0	1
Twice Weekly	1	4	5
Weekly	18	16	34
Twice Monthly	5	1	6
Monthly	2	4	6
Every 3 Months	0	1	1
Twice a Year	2	1	3
Other	1	0	1
No Response	6	31	37
Total	36	57	93
TRANSPORTATION TO CHURCH			
Car	12	20	32
Bus	0	0	0
Taxi	2	0	2
Walk	4	4	8
Ride with Someone	12	5	17
No Response	6	28	34
Total	36	57	93
CHURCH MORE OFTEN IF TRANSPORTATION AVAILABLE			
Yes	7	1	8
No	21	29	50
No Response	8	27	35
Total	36	57	93
RELATIVES			
Daily	1	2	3
Twice Weekly	1	2	3
Weekly	9	8	17
Twice Monthly	2	9	11
Monthly	4	6	10
Every 3 Months	2	5	7
Twice a Year	4	3	7
Once a Year	3	0	3
Other	1	2	3
No Response	9	20	29
Total	36	57	93

TABLE II-2. (Continued)

CHARACTERISTIC	OVER 64	UNDER 65	TOTAL
TRANSPORTATION TO RELATIVES			
Car	10	23	33
Bus	1	1	2
Taxi	0	0	0
Walk	1	2	3
Ride with Someone	15	10	25
Other	1	2	3
No Response	8	19	27
Total	36	57	93
RELATIVES MORE OFTEN IF TRANSPORTATION AVAILABLE			
Yes	6	5	11
No	20	36	56
No Response	10	16	26
Total	36	57	93

CHAPTER III

SELECTED ASPECTS OF URBAN LIVING AMONG THE TRANSITION AREA AGED IN COMPARATIVE PERSPECTIVE

Ellen R. Walters*
David F. Mitchell**

In the following analysis, a sample of persons 65 years of age or older who resided in the area of transition will be compared to persons 65 years of age or older who resided in Guilford County (1970-72). These comparisons will serve to point out some of the unique characteristics of a portion of the inner-city aged population. To further highlight the unique characteristics of the transition area aged population, data will also be presented for the population of the area who were less than 65 years of age. Data for Guilford County older persons (over 65) were obtained from a recent study published by the Home Economics Center for Research at the University of North Carolina at Greensboro (Kivett, Bishop, and Watson, 1973).

Home and Family

Most older persons in the United States (83 percent) prefer not to live in the same household with their children or relatives (Beyer, 1965). Beyer stated that a substantial proportion of older

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persons (52 percent) preferred to live by themselves and away from relatives. Only approximately a fifth (17 percent) of the aged preferred to live with relatives.

Nationally, it has been found that most older persons do in fact live apart from children, especially elderly males (Beyer, 1965). In Guilford County, about three-fourth (76 percent) of the aged population lived away from children. In the area of transition, 91 percent of the respondents 65 years of age or older lived apart from relatives compared to 79 percent of the younger residents of the area (Table III-1). In comparison to other aged populations, and compared to younger transition area residents, the aged population of this area is in no way out of the ordinary. However, the aged respondents in the transition area were far more likely to live alone (71 percent) than either the typical older person in the county (20 percent) or the younger transition area respondent, 35 percent (Table III-2). The elderly transition area respondents were more likely than older persons in the county to be widowed (Table III-3).

It appears that while most aged persons live apart from relatives, the inner-city elderly were nevertheless more isolated than other older persons. They were more likely than others to live alone, either because of the death of a spouse or because of separation or divorce. The younger transition area respondents, who are often thought to be relatively isolated, single, and mobile, were less likely to live alone and more likely to be married than the older respondents of the area.

Although they lived alone in greater proportions than other older people (Guilford Study), the older respondents in the area of transition apparently visited with friends and relatives just as frequently as other aging Guilfordians. About three-fourths of the transition area respondents (both old and young) reported that they had relatives in a town nearby. Approximately the same proportion of the older population of Guilford County also had a brother or sister nearby (Kivett, Bishop and Watson, 1973). Although the data are not strictly comparable, Table III-4 shows frequency of visiting with relatives for the average older person in Guilford County, and for the old and young respondents in the transition area. While any conclusion drawn from Table III-4 must be regarded as tentative, little difference in visiting frequencies can be seen between the transition area aged and older persons in the county. About one-fifth of each group experienced daily visits from relatives, while over a third reported weekly visits. Visits by friends were more common for transition area respondents than were visits by relatives.

Neighborhood and Economic Circumstances

An important feature of the urban environment experienced by older persons in the area of transition may be appreciated by reference to Table III-5. Older persons in the transition area were similar to other Guilford County older people in that they were by and large long-term residents of their neighborhood. The younger population of the transition area and neighbors of the elderly were, by comparison, relative newcomers. Besides being surrounded by newcomers, the aged in the area of transition were surrounded by renters.

Older persons in the area were far more likely to be homeowners than their younger neighbors (Table III-6), yet were less likely than Guilford County older persons to own their homes.

Many transition area respondents could not, or would not, respond to questions dealing with income. However, 88 percent of the respondents 65 years or older had incomes of under $400 per month. A smaller proportion (43 percent) of those persons under 65 had incomes of less than $400 per month. About 80 percent of the Guilford County elderly population had incomes of under $400 (an approximate figure from Kivett, Bishop and Watson, 1973). A modal income of from $1,000-$1,999 per year was reported for Guilford County (Kivett, Bishop and Watson, 1973) and from $1,200-$2,388 per year for persons 65 years or over in the transition area. Sources of income differed little between the two groups of older persons (Table III-7). Social Security and income from savings were the two most common sources of income in both studies. In summary, data showed that the transition area aged differed only slightly from the general population over 65 years of age with respect to amount and source of income.

An unexpected finding emerged when the social rank of respondents was examined. In Guilford County only about nine percent of the aged population was classified as "middle class" (Kivett, Bishop and Watson, 1973) by the Hollingshead Two Factor Index (the index is based on occupation and education). Approximately twenty percent of the aged transition area population was middle class (managers or administrators) before retirement. In addition, nearly two-fifths

(37 percent) had clerical jobs. The fact that the transition area aged appeared to rank higher, on the average, by the index used for the study than the county aged, could be attributed to the inclusion of rural data in the Guilford County category. Rural county aged appeared to rank lower than urban county aged in terms of social position (Kivett, Bishop and Watson, 1973).

Activities

In general, older persons take part in activities that can be enjoyed without traveling away from home, such as watching television and reading (Kivett, Bishop and Watson, 1973). Attending church is the only important exception to this generalization. In the transition area, older people were more likely to subscribe to magazines and newspapers than their younger neighbors, but less likely than the younger group to travel or to take part in activities (Table III-8). About 35 percent of Guilford County older people drove their own or someone else's car (Kivett, Bishop and Watson, 1973), while about 40 percent of transition area elderly had access to a car. By contrast nearly 80 percent of the younger respondents in the transition area drove.

Attitudes

Several attitude statements were presented to both older and younger respondents. Answers are presented in Table III-9. Little difference between respondents was found. Old age was seen by both old and young respondents in much the same way. Older people were viewed as able to participate in voluntary activities, as being able to live a satisfying life, and as having a great deal to offer society.

Both older and younger respondents felt that older people command respect, while both groups had divided opinions on whether elderly people should be relieved of responsibility.

A highly tentative but suggestive finding emerged in this study when responses to semantic differential scales were examined. Responses revealed that the elderly thought of themselves as independent, active, strong and loved. In contrast they seemed to view old age in general as an unpleasant period of dependency and inactivity (Mitchell and Walters, forthcoming). This finding suggests that expectations for the elderly are often at variance with a way of life that some older persons feel is appropriate for themselves as individuals.

Conclusion

Older persons in the transition area were similar to other Guilford County persons 65 years of age or older in that they lived apart from relatives in similar proportions, were visited by relatives in similar proportions, were long-time residents of their neighborhoods, had similar sources and amounts of income, and had similar patterns of activity. Transition area older people differed from Guilford County older persons by disproportionately living alone, by being widowed, and being less likely to own a home. Data showed that the transition area aged were homeowners surrounded by younger, newly arrived renters, suggesting that, indeed, the neighborhood under investigation is undergoing a transformation. The aged tended to stay at home for recreation, although they were frequently visited by relatives and friends. The attitudes of these older persons about old age paralleled those of the younger population of the area. As

a category, older persons were viewed as potentially able, useful, and productive members of the community.

Older people generally appear to favor a single family residence, apart from relatives (Michelson, 1970). Services to this aged population might, therefore, be directed in support of this desired separate way of life. Transportation, help with major regular housekeeping chores, and in general any services that lessen dependence on relatives seem to be appropriate. Loneliness and isolation among the aged is lessened by visits from relatives and friends. And, as has been shown, the transition area aged are visited frequently by relatives and friends. Another problem, boredom, can be ameliorated by giving older people a chance to at least observe, if not take part in, activities of younger people and children. Many older people simply enjoy living near schools. The more cosmopolitan aged population, on the other hand, may be more likely to take part in activities if such were available. Older populations, including those in the area of transition, seem to need exposure to activity more than additional human contact. Thus, aside from the provision of food and other necessities, these older persons may benefit greatly by efforts to enable them to observe and take part in activities. Surveys should be employed to determine the type of activities that would be of interest, but in general any innovation that would enable older people to put themselves in the proximity of activity appears to be desirable (Michelson, 1970).

TABLE III-1.

PERSONS LIVING AWAY FROM RELATIVES ACCORDING TO UNITED STATES, GUILFORD COUNTY AND TRANSITION AREA (PERCENT)

GROUP	U. S.[a] 65 OR OVER	GUILFORD CO.[b] 65 OR OVER	TRANSITION AREA[c] 65 OR OVER	TRANSITION AREA[c] 64 OR LESS
Men	83.0	-	-	-
Women	70.0	-	-	-
Total Population	-	76.0	91.0	79.0

[a]Glenn Beyer, Housing and Society, New York, 1965, p. 417.
[b]Kivett, Bishop and Watson, p. 12.

TABLE III-2.

LIVING ARRANGEMENTS ACCORDING TO GUILFORD COUNTY AND TRANSITION AREA (PERCENT)

LIVING ARRANGEMENT	GUILFORD CO.[a] 65 OR OVER	TRANSITION AREA 65 OR OVER	TRANSITION AREA 64 OR LESS
Alone	20.0	71.0	35.0
With Spouse	50.0	20.0	44.0
Other	30.0	9.0	21.0

[a]Kivett, Bishop and Watson, p. 36.

Note: All figures are rounded off to the nearest percent.

TABLE III-3.

MARITAL STATUS ACCORDING TO GUILFORD COUNTY AND TRANSITION AREA (PERCENT)

MARITAL STATUS	GUILFORD CO.[a] 65 OR OVER	TRANSITION AREA 65 OR OVER	TRANSITION AREA 64 OR LESS
Married	53.0	20.0	46.0
Widowed	36.0	57.0	7.0
Separated or Divorced	3.0	14.0	17.0
Never Married	7.0	9.0	30.0

[a]Kivett, Bishop and Watson, p. 7.

TABLE III-4.

FREQUENCY OF VISITING WITH RELATIVES AND FRIENDS ACCORDING TO GUILFORD COUNTY AND TRANSITION AREA (PERCENT)*

FREQUENCY OF VISITS	GUILFORD COUNTY[a] FRIENDS 65 +	GUILFORD COUNTY[a] SIBLINGS	TRANSITION AREA RELATIVES[b] 65 +	TRANSITION AREA RELATIVES[b] 64 -	TRANSITION AREA FRIENDS[c] 65 +	TRANSITION AREA FRIENDS[c] 64 -
Daily	-	23.0[d]	19.0	11.0	38.0	30.0
Weekly	33.0[f]	34.0[d](11.0)[c]	33.0	20.0	29.0	39.0
Monthly	27.0[f]	28.0[d](39.0)[c]	8.0	16.0	18.0	12.0

* In table headings, 65 + means "65 or over" and 64 - indicates "64 or less".

a Kivett, Bishop and Watson, p. 15, responses indicate visits with at least one brother or sister.

b Visits by relatives <u>to</u> respondents.

c Visits by friends <u>to</u> respondents.

d Visits within Guilford County.

e Visits within 49 miles.

f Kivett, Bishop and Watson, p. 28.

TABLE III-5.

NUMBER OF YEARS IN THE NEIGHBORHOOD

ACCORDING TO GUILFORD COUNTY AND TRANSITION AREA

(PERCENT)

NUMBER OF YEARS	GUILFORD CO.[a] 65 OR OVER	TRANSITION AREA 65 OR OVER	TRANSITION AREA 64 OR LESS
5 or less	20.0	25.0	73.0
More than 5	80.0	75.0	27.0

[a] Kivett, Bishop and Watson, p. 35.

TABLE III-6.

THE STATUS OF HOME OWNERSHIP ACCORDING TO

GUILFORD COUNTY AND TRANSITION AREA (PERCENT)

STATUS	GUILFORD CO.[a] 65 OR OVER	TRANSITION AREA 65 OR OVER	TRANSITION AREA 64 OR LESS
Own Home	60.0	43.0	4.0
Rent Home	20.0	17.0	38.0
Other	20.0	40.0[b]	58.0

[a] Kivett, Bishop and Watson, p. 37.

[b] By and large rental apartments.

TABLE III-7.

SOURCES OF INCOME ACCORDING TO

GUILFORD COUNTY AND TRANSITION AREA (PERCENT)

SOURCE	GUILFORD CO.[a] 65 OR OVER	TRANSITION AREA 65 OR OVER	TRANSITION AREA 64 OR LESS
Social Security	90.0	88.0	14.0
Savings	49.0	41.0	26.0
Pensions	15.0	32.0	4.0
Salary	11.0	14.0	74.0
Relatives	6.0	15.0	9.0

[a] Kivett, Bishop and Watson, p. 40.

TABLE III-8.

SUBSCRIPTIONS AND ACTIVITIES OF TRANSITION

AREA SAMPLE ACCORDING TO AGE (PERCENT)

ACTIVITY	65 OR OVER	64 OR LESS
Subscriptions		
Monthly Magazine	53.0	36.0
Weekly Magazine	25.0	18.0
Daily Newspaper	75.0	50.0
Attendance		
Movies	21.0	64.0
Plays	3.0	16.0
Concerts	14.0	31.0
Lectures	23.0	26.0
Baseball	0.0	20.0
Football	9.0	26.0
Hockey	6.0	11.0

TABLE III-9.

ATTITUDES ABOUT OLD PEOPLE

HELD BY OLD AND YOUNG TRANSITION AREA RESIDENTS

ACCORDING TO PERCENT OF RESPONSE

STATEMENT	RESPONSE CATEGORIES*	65 OR OVER	64 OR LESS
I believe that older people can play a vital role in various volunteer activities.	Agree	86.0	94.0
	Undecided	14.0	4.0
	Disagree	0.0	2.0
I believe that young people should carry the load of social responsibility and that old people have put in their time and deserve a rest.	Agree	47.0	49.0
	Undecided	6.0	4.0
	Disagree	47.0	47.0
I believe that old people have renewed energy and interest in activities once they are freed from the need to hold full time jobs to earn a living.	Agree	58.0	64.0
	Undecided	19.0	18.0
	Disagree	22.0	18.0
I believe that retired people have an opportunity for a satisfying life.	Agree	100.0	78.0
	Undecided	0.0	7.0
	Disagree	0.0	15.0
I believe that people over 65 have a lot to offer our society and that their opinions and expertise should be sought.	Agree	94.0	93.0
	Undecided	6.0	5.0
	Disagree	0.0	2.0
I believe that young people have no respect or consideration for old people.	Agree	17.0	32.0
	Undecided	6.0	5.0
	Disagree	77.0	63.0

*"No responses" are not reflected in the table.

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CHAPTER IV

NUTRITION AND THE ELDERLY

Elsa A. McMullen*

In our society old age is often regarded as a time when the vessel of life has become empty and a time when human development and human potentiality have come to an irreversible and inevitable halt. The beliefs of younger persons about older persons and the beliefs that the aged hold toward themselves cast a long, ominous shadow over most persons "over 65." These beliefs and definitions in turn have become viable factors in a self-fulfilling prophecy that has greatly contributed to numerous deprivations of the aged and has caused us unwittingly to view older persons as being outside the pale of further growth and usefulness.

That some persons commonly stereotype the aged as wells run dry needs little documentation. It is customary to retire persons at age 65, to discard their knowledge and skills often acquired over a period of 40 to 50 years, to deny that they have anything to contribute and any capacities to nurture and develop. We tell them in many ways that they should desert the battlefield of action and withdraw from the ranks of younger human beings. In a thousand ways older persons are told that they should be satisfied with inadequate economic resources and with deteriorated clothes, houses and cars; that they have little

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need to frequent good restaurants and centers of art; that their opinions are worthless; and that they should accept without a whimper the final descent into and end of life.

In regard to our present image of the aged, Simone de Beauvoir, French novelist and philosopher, has written, "Society looks upon old age as a kind of shameful secret that it is unseemly to mention. In any case, either by their virtue or by their degradation, the aged stand outside humanity." And Bernice Neugarten recently observed, "Stereotypes about the young, the middle-aged, and the old influence our behavior in subtle ways. They affect our perceptions of appropriate and inappropriate behavior in ourselves and in other persons. They constrain our attitudes and our actions. They make it difficult to improve relationships among persons of various ages. While the stereotyping of any age group is full of pitfalls, we are just now beginning to realize that stereotypes about aging and the aged create a particularly complex set of problems."

...A new image of the aged is desirable and possible. Over the years, the United States has shown a great capacity to spawn an array of social movements -- the populist movement, suffrage for women, the labor movement, and, more recently, civil rights and women's liberation. Perhaps when one considers the numerous programs that have been initiated -- Social Security, old age pensions, Medicare and Medicaid, the 1961 and 1971 White House Conferences on Aging, subsidized housing, etc. -- one could argue that a gerontology movement has begun. Programs to improve the lot of older persons need greatly to be extended, coordinated, and made more comprehensive. Nevertheless, there is a

great need to work for basic changes in the larger society that will foster "rising expectations" for the further development of the potential of the aged...

In the rewrite of a new image for the aged, all disciplines and all specializations have a vital role to play. The length of time required for this major project will be determined by the commitments made by serious, interested and dedicated scholars, because through their knowledge, energy, time and concern will progress be made.[1]

Pelcovits cites that one of every ten persons in the United States is termed an "older American": that is, there are twenty million men and women who are sixty-five years of age and older.[2] While one million of them live in institutions of various kinds, fourteen million live in our communities with relatives or friends. Those who live alone number five million, or one-fourth of the total.[3]

John B. Martin, former Commissioner of the Administration on Aging, has said of the five million older Americans who live alone: "Many of them are active, well, and continue to take part in community life. But hundreds of thousands of them--even those who are mobile and could participate--live in virtual isolation."[4]

People become isolated from society for a number of reasons: poor health, poverty, lack of transportation, feelings of rejection and apathy, and loss of a role in the family and in the social structure.[5] Transportation patterns and how the respondent in this study feels about old age as well as about himself or herself is being reported elsewhere.

We know there is a link between isolation and nutrition. Each contributes to the other. Lonely people are not apt to prepare meals just for themselves. As they fall into poor eating habits, they feel increasing listlessness and apathy, and their isolation and desolation are intensified to such a degree that they do not reach out for social contacts.[6]

In order for practitioners to explore new and better ways to motivate the older person toward improving his nutrition and maintaining consistently good dietary habits, it is important to see the possible irrational bases for behaviors toward food. It has been acknowledged by nutrition educators that the usual methods of teaching good nutrition are very often ineffective for all adults.[7]

It has been assumed, by some professionals, that a human being's desire for longevity, retention of youthful energy and good health, could be used effectively in gaining attention to and compliance with good eating habits. While there may be motivating forces for the young to middle-aged person, who has a clear future toward which he is directed and with personal goals yet to achieve, it appears that they are not strong motivating factors for the aged.[8]

Older man, across cultures, tend to "wish" to be taken care of as they were by their mothers. They frequently reminisce about food they ate as children and the cirsumstances surrounding the growing, preparing, or serving of food.

It is probable that older people do not seek novelty and variety in the foods they eat since it is the familiar and remembered foods that give greatest enjoyment. Food becomes a symbolic vehicle through

which reminiscence of things past can become psychological realities for present concerns. Food becomes, in other words, highly personalized to the older individual, not only in the choice and manner of eating but in its visual appearance as well.

Stated in another way, some psychologists stress that the elderly person's search is for a nourishment which often transcends the nutritional vectors.[9] Thus, the failure to understand this factor results in a failure to meet the nutritional needs of the older person. In efforts to provide the aged with a proper diet, failure to perceive that it is not always what the older person eats but the companionship of sharing a meal will be a deciding factor in caring for him.

The National Nutrition Program

In January 1968, Congress appropriated $2,000,000 for the establishment of a three-year national demonstration and research program of nutrition for older people, to be conducted by the Administration on Aging under the Title IV provisions of the Older Americans Act.

The decision to single out nutrition as a priority area of national policy was influenced by several events and factors then taking place on the national scene. Some of these were related to experiences emerging from various programs and services serving older persons, where nutrition was being recognized often as a major need and problem for the elderly. Others were the result of the growing interest being given to the incidence and problems of nutrition and malnutrition in the nation among the general population, by the Congress, administrative agencies in the Executive Branch, and many

interested groups and individuals concerned about the overall nutritional well-being of many persons in the nation's population, particularly those living in poverty or with major health and social needs.

One of the foremost influences was the findings of the 1965 National Food Study on Food Consumption and Dietary Level, a study conducted in February 1965, by the Agricultural Research Service of the U. S. Department of Agriculture. The study reported the shocking finding that there were nearly 95 million Americans who did not consume an adequate diet. Of this very large group, some 35 million were estimated to be living in households with incomes under $3,700 a year (poverty level). Further, there were findings that estimated that there were 26 million persons in the nation with diets that supplied less than two-thirds of the recommended daily allowances of nutrient foods.[10] Of these 26 million persons, over 10 million were living in households with incomes below the study's poverty line. Some 750,000 persons aged 75 and over were included in this low-income group. While no precise estimates were made by the study regarding the total number of persons age 60 and over with deficient diets, later analyses indicated that the number of older persons with deficient diets might be as high as 6 to 8 million nationally.

The study's impact led to the creation within the Executive Branch of a Task Force on Nutrition, under the direction of the Department of Agriculture, to develop both administrative and legislative recommendations for consideration by the Federal Administration. The final decision made within the Administration at that time was not to seek any specific legislation. Instead, the decision was made to

recommend a three-year demonstration at $2 million level annually to be conducted by the Administration on Aging. The decision was governed, to a large extent, by the previously mentioned lack of any systematic data about the nutrition needs of older people, and what was actually entailed in the planning and delivery of food, nutrition and other services, their costs, their effectiveness, and how such services could be related to the delivery of other services for older people.

As conceived by the Administration on Aging, the basic objective of the demonstration projects included in the Title IV nutritional services program was stated as follows:

> "The primary purpose of the nutrition program is to design appropriate ways for the delivery of food services which enable older persons to enjoy adaquate palatable meals that supply essential nutrients needed to maintain good health. Purposes that are an integral part of the program are the opportunities for socializing with friends and companions, participation in leisure time activities, consumer and nutrition education and counseling and assistance in utilizing other community resources...The specific objective of the food and nutrition program is to study and demonstrate methods of providing appetizing and nutritional adequate meals in settings conducive to eating and social interaction with peers."[11]

The Nutrition Program for the Elderly (Title VII) of the Older Americans Act is a major breakthrough in national policy regarding services for the elderly. The enacted bill, S. 1163, signed into law by President Nixon on March 22, 1972, is entitled, "An Act to amend the Older Americans Act to provide grants for the establishment of low-cost meal projects, nutrition training and education, opportunities for social contacts, and for other purposes." The legislation

authorized $100 million in the fiscal year 1973 and $150 million in the fiscal year 1974 for grants to the States for financing up to ninety percent (90%) of the costs of nutrition projects that will serve any person age 60 or over.

Several features from the experiences and results of the Title IV demonstration nutrition program are incorporated into the new legislation. Perhaps, the most significant is that each nutrition project under Title VII provides the five major program components emphasized during the Title IV demonstration projects: namely; group meals, nutrition education, supportive services, outreach, and evaluation. Currently, this program for the elderly is being carried out in parts of North Carolina*; however, as yet, not in Guilford County.

Findings from the Transitional Area Study

The foregoing material demonstrates that a need for a nutritional program was realized nationally. To study the need for such a program for the aged in Greensboro, additional questions were asked of subjects in the current study. Information pertaining to income, eating habits, patterns of exercise, vitamin and mineral supplementation, as well as general questions about the use of leftovers were gathered.

As in the demonstration projects of the nutrition program under ADA, income of older Greensboro subjects was derived mainly from

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* Fall, 1973.

Social Security benefits. Over eighty percent of those responding received income from this source, whereas only one-seventh had income from salary. Nearly 40 percent used monies out of savings, while another 15 percent received support from family (see Tables IV-1 and IV-2). In some instances, income was derived from more than one source.

Table IV-3 and Figure 3 show patterns of eating as well as well as number of meals prepared weekly. It can be seen in some instances that there was a similar pattern between all days of the week. In addition, more people spent approximately half an hour eating meals and snacks than for any other time span.

When questioned regarding meal preparation it was apparent that this group of homemakers made little use of news media, etc. (see Table IV-4). Therefore, if information relative to menu planning and nutrition education is to be useful, it must be provided by other sources (see recommendations at the end of this paper).

It did not seem unlikely to the author that over half of the respondents reported never using convenience foods such as TV dinners, pot-pies, etc. More than 60 percent planned to use leftover food(s) for themselves at another meal. The question was asked whether such foods might be given to pets. However, only one-fourth of the respondents had animals and no one fed them leftover foods.

The sample was questioned about meals eaten away from home, either with friends, business associates and/or family. To this writer, it was encouraging that many subjects (41.9 percent) enjoyed a meal out at least once weekly and for some even more times. Also

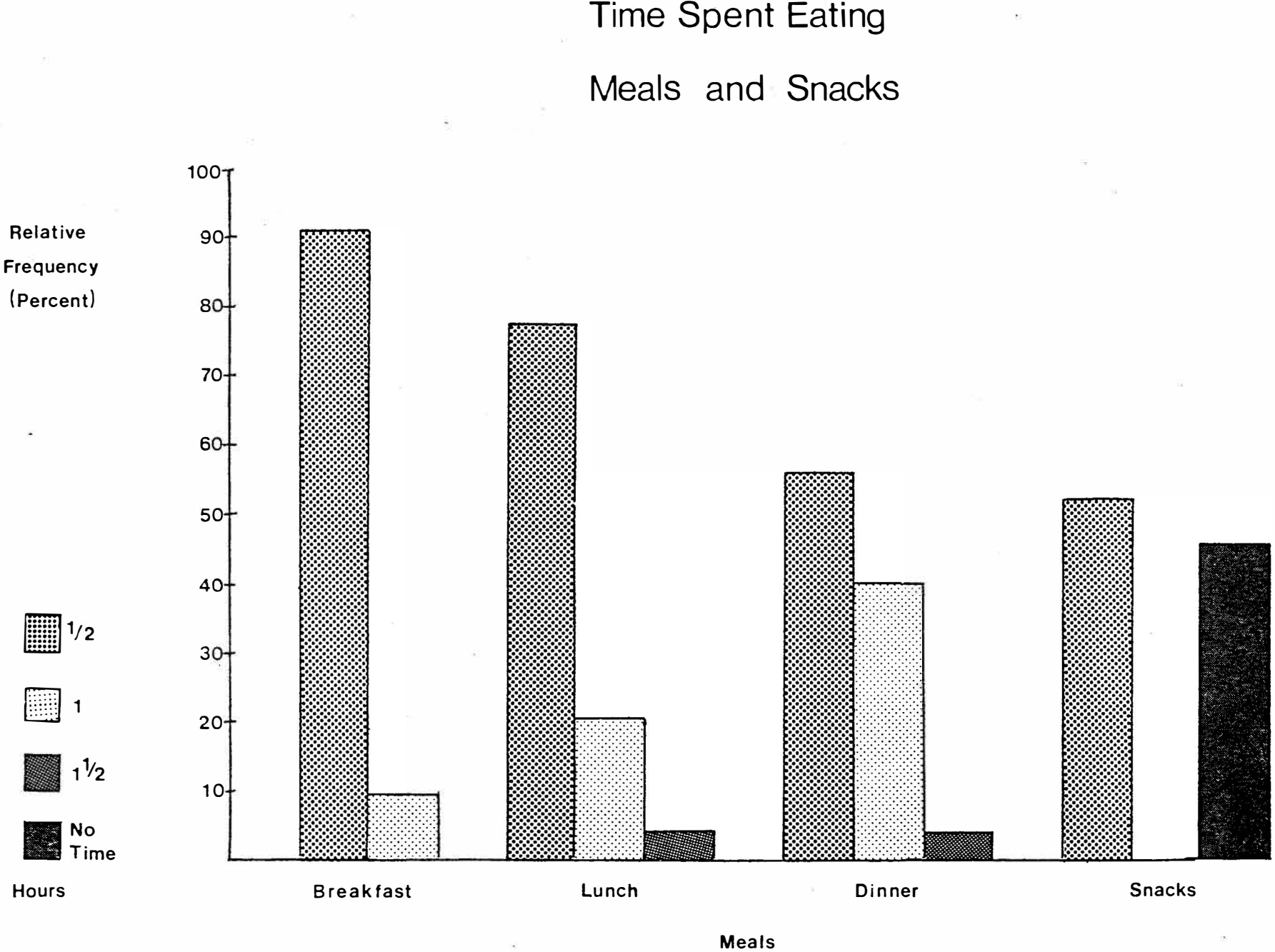
Time Spent Eating
Meals and Snacks
Relative Frequency (Percent)
100
90
80
70
60
50
40
30
20
10
1/2
1
1 1/2
No Time
Hours
Breakfast
Lunch
Dinner
Snacks
Meals

FIGURE 3

reported was that over 60 percent ate at public eating places while only 29 percent ate with family and/or friends in their homes. Nearly 30 percent frequented the K & W Cafeteria. Table IV-5 shows that the aged in this study demonstrated a pattern of eating with friends more often than with family or being alone. One-third ate one or more meals alone daily while approximately one-tenth did not eat any meals alone. The author believes that these data on eating habits have meaning when a nutrition education program is planned for this group.

Approximately one-half of the persons surveyed never ate between meals, a statistic often noted when older people are studied. However, over 45 percent sometimes did snack. It might be useful to use snacks to supplement the diets of the group of persons 65 years and over with specific nutrients such as iron, vitamin A, vitamin C and riboflavin. These four nutrients are most often reported to be deficient in diets of people in all age groups and more recently reported to be so in the Ten-State Nutrition Survey in 1971.[12] Snack foods containing several nutrients, especially the four cited, could be provided at meetings and programs held for the elderly. Also, it is prudent to recognize the wide diversity in food habits of this age group, as well as special dietary needs, so that planning nutritious snacks and/or meals needs special attention.

It is always interesting to determine patterns of vitamin-mineral supplementation, especially among the aging. As with Brin, et. al. those who need the extra nutrients derived from supplements are less apt to take them often.[13] In this study, over 57 percent

never used a supplement, whereas about 30 percent took them daily. Whether this was necessary is a suggestion for further study. Over 80 percent of those studied described their own appetite as being good, while more than 60 percent stated no food dislikes. The implications of these facts are, indeed, exciting for a proposed nutrition education program. Over 85 percent reported not being subject to colds and it should be remembered, also, that approximately two-thirds had no apparent physical handicaps. In addition, approximately 75 percent stated that their bowel habits were considered regular and 52 percent never used laxatives. Over 75 percent of the respondents took time out for rest every day. Also, more than 62 percent reported sleeping well at night.

Finally, an attempt was made to determine smoking habits within the surveyed population. The reason for this was that it has been shown that cigarette smoking apparently adversely effects the body's utilization of vitamin C.[14] It is also certain that cigarette smokers are more prone to cardiovascular and pulmonary disorders than non-smokers. As early as 1939, Drs. L. H. Strauss and P. Scheer of the University of Cologne studied the acute effect of smoking cigarettes on the urinary excretion of vitamin C. They reported a drop in vitamin C excretion due to smoking; they related this effect to the inhalation of nicotine, which caused hyperactivity of the thyroid and adrenal glands, and enhanced the level of general oxidative activity.[15] Pelletier was able to show in his research that lower levels of vitamin C absorption in smokers are not caused by more rapid utilization or by a lower intake of vitamin C. Rather, the

lower levels are due to less vitamin C available for utilization and storage reflecting the lower amount absorbed.

Table IV-6 depicts the incidence of smoking and/or using snuff. The largest number of subjects (23) reported not smoking at all but one-third smoked at least one to two packs daily. A very small percentage smoked a pipe or dipped snuff.

The Physiology of Aging

Aging is an inevitable and irreversible process which begins no later than early adulthood. Improved diet has as a goal the deferment of the aging process so that people can benefit from better health, less pain, increased activity, and satisfaction during all of the life-span. For maximum benefits, nutrition should be adequate from conception to death. The impact of fundamental aging changes become more obvious and important as man increases his ability to control infectious disease, trauma, nutrition, and environmental stress.[16]

The same conditions that contribute to malnutrition and undernutrition among all age groups in our society are common to the elderly, whose nutritional problems are complicated by the various changes that people undergo as they grow older. Professionals who are concerned with the nutrition of the elderly find that they cannot ignore the broad range of adjustments that accompany the aging process.[17]

The nature of the aging process is not well defined. It is likely that changes in the concentration and structure of deoxyribonucleic acid (DNA) molecules are a major factor. DNA is formed only at the time of cell division and is of major importance in

controlling the chemical activities of cells. Some cells do not divide after they reach maturity and in them the DNA is almost as old as the person of whom it is a part. The complex DNA molecules are exposed to attack by other cell constituents and by radiation-like effects. Eventually changes occur in the DNA molecule and the cell no longer functions efficiently, setting in motion a deteriorating process resulting in death. The best protection against the undesirable biochemical changes is for each cell to be optimally nourished throughout life.[18]

The time between nutritional insult and measurable effect in terms of health may be quite long. A period of 40 or more years may elapse before a secondary manifestation occurs. Such is thought to be the case in Parkinson's syndrome characterized by neurological tremors and progressively more rigid limbs, trunk, and face. Parkinson's disease is thought to be due to a deficiency of an enzyme essential to the metabolism of the amino acid phenylalanine which is critical to the formation of adrenalin.[19]

The rate of aging varies widely among individuals as apparent from the number of persons over 65 years of age who continue to be both mentally and physically productive. During human evolution, men and women died young because of a hostile environment, and evolutionary pressures did not eliminate biologic processes which lead to deteriorative changes late in life. Gradually reduced are the functional performance of the body systems and their ability to cope with stress, either external or internal. Early aging often accompanies chronic disease. Because the nutrition of an individual will be

influenced by his physiological age changes, these changes are briefly summarized here so as to provide a basis for discussion of nutritional needs.[20]

Cells of many parts of the body are reduced in number through defective synthesis (as mentioned previously) and consequent failure to function, resulting in reduction in size and functional capacity of the organs. Collagen becomes less elastic and there is more fibrosis, contributing to a decline in functional capacity. Basal metabolic rate declines and therefore caloric requirement decreases. Physical activity usually diminishes, and muscular movements are slower.

Cardiac output, vital capacity, and maximum breathing capacity decrease, and pulse rate may be increased. Changes in body composition take place; total body water content diminishes, fat accumulation increases, calcium increases in the tissues while bone calcium decreases (osteoporosis and osteomalacia), potassium content decreases, and many enzymes decrease.

Absorption from the digestive tract is possibly lowered, with reduction in number of absorbing cells, reduced intestinal blood flow, and reduced gastric acidity. Intestinal secretion of mucus decreases, with subsequent tendency to constipation.

Loss of teeth influences chewing capabilities, and therefore, choice and acceptance of food; ill-fitting dentures may have a similar effect. Skin becomes dry with decreased elasticity and slower healing of surface wounds; the hair becomes thin and white. Taste and sense of smell are impaired.

Other physiologic functions decrease with age. But the rate and extent of such decrements are an individual characteristic; they do not follow the same chronological age pattern in all individuals. In fact, chronological age and physiological age are known to not be directly related, in the adult.

Nutrition Education

How can we help the elderly deal with the special problems imposed by the aging process? Within our professions, those of us who live with, work with, or contemplate working with the aged may need to reexamine our premises and question what we have previously believed to be knowledge about the aging. As Hoffman[21] cites, one of the first facts to be recognized is that older persons do not constitute a homogeneous group in the population. Their social, economic, and cultural backgrounds and their mental and physical capabilities may differ more widely than those of the young and not-so-young. Some elderly possess a mental and physical vigor equal to that of persons 15 years younger in chronological age. Some still retain what society has always considered to be a young-and-eager curiosity about the world and life around them. The author can state the above characteristics to be true within the sample interviewed in Greensboro.

Not all retired persons feel an economic pinch, but far too many do. Back in the days when $5,000 a year provided for a fairly affluent life style, even the most provident could not have foreseen today's inflation nor necessarily provided for it in any case. Making-do-on-little becomes a challenge at a time when diminished energies rebel against new challenges. And the pride in self-sufficiency

instilled by the protestant ethic with which the older generations grew up complicates the situation further.

What can those of us who deal with the elderly do to help? Much depends, of course, on which of the elderly we are talking about. Some older persons find their own solutions, even to embarking on new careers following mandatory retirement. Others use their knowledge and experience in the role of consultants and advisers within their own field of work. In the university community, for example, a professor of Spanish, tutors doctoral students who have chosen Spanish as the foreign language in which they must demonstrate a certain competency. In another situation, a retired professor of Home Furnishings has taught classes in the restoration of Hitchcock chairs and Boston rockers in Adult Education.

These obviously are not the elderly who need the help of professionals. Those older persons who do, can probably best be assisted by giving them the information that will allow them to make their own choices and help themselves within their own individual limitations. For example:

--We can inform the elderly of opportunities for group meals or home delivered meals and can provide volunteer transportation for food shopping. We can also advise them on nutrition and food preparation, keeping in mind lifetime habits, as has been previously mentioned.

--For the elderly who are ill, we can assume the responsibility of discovering the services available to those who are missing benefits to which they are entitled.

--How the elderly use their leisure time depends naturally on their educational level, cultural habits, and financial resources. Most communities offer recreational and cultural programs through organizations

> such as senior citizen centers, golden age clubs, or special church groups. Some elderly may not know of these programs, may be reluctant to go alone, or may lack transportation.

Experience has shown that opening the doors and beating drums which say, "Here's a program that is good for you", is no assurance of success. The usual techniques of newspaper bulletins, radio announcements, and so on are not sufficient. There needs to be a special inducement to the timid, the withdrawn. That inducement was best provided in AoA projects by the person-to-person approach.[22] In the same projects, meals were planned to meet one-third of the Recommended Dietary Allowances. Buffet, cafeteria, or family-style services were used. One project director reported that when meals were served family-style at long tables, the result was competition and hostility, with participants grabbing for the food. The seating arrangement was changed. Separate tables for smaller groups and the appointment of "table captains" achieved the desired effect and insured a more equitable distribution of food.[23] On the other hand, another project director favored cafeteria service because it enabled her to control the size of portions and the variety of food that each participant received.[24]

Meal preparation may vary, depending on the facilities. Two programs used school cafeterias, which can be a satisfactory arrangement, although it may limit the choice of menu as well as the hours of service.[25] A few projects have experimented with home-delivered meals as an outreach technique, and some have provided the service for the home-bound or temporarily ill.[26] A recent survey financed by AoA revealed that there are approximately 350 home-delivered meal

programs in the United States.[27]

A number of reports[28] on nutrition education programs for the aged have included a component of food and nutrition information and developed individual educational programs and techniques, such as trips to the market place, group discussions, demonstrations, lectures, potlucks, individual counseling, or a combination of these. The results also varied, depending largely on the enthusiasm of the staff and its skill in presenting the material in an interesting manner. Some reports indicated that the education program did have an impact, while others stated that little interest was generated among the participants. Of course, the meals alone served as object lessons in nutrition; furthermore, these lessons were reinforced when the elderly were involved in the actual planning and preparation of meals.[29]

In summary, it can be said that group meals in community settings are an effective vehicle for dealing with the nutritional problems of non-institutionalized older Americans. Programs should be located near the homes of the elderly or where access to transportation is available. They should include a strong outreach component and provide a semblance for nutrition education. Experience with nutrition programs has also demonstrated that group meals in community settings can be used as a catalyst for involving the elderly in social activities and in community responsibilities. A 24-hour dietary recall study early in the program on food consumption at home should be conducted with older participants. Inadequacies, if any, could be spotted and deficiencies corrected by fortified snacks.

The implications for nutrition education for a segment of the aged population in Greensboro are broad, varied and challenging. In the words of Holmes, reporting on another study, the following statements are made in summary:

> "The nutrition program had a dramatic, significant impact on participants in terms of eating habits, nutritional knowledge, interpersonal relationships, and morale. It is equally evident that a number of the problems which were encountered might be expected to develop in similar programs. The success of this program is indicative of the need for, and the benefits to be derived from the maintenance of similar programs for elderly Americans across the country. Several major implications derived from this program experience follow:
>
> (a) Any organization or group planning to develop and maintain a nutritional program should be aware of the potential problems. (b) Before embarking on a nutrition program, a realistic picture of necessary staffing patterns should be developed. Particular care should be devoted to the identification and training of a group of aged indigenous workers who can add much to the maintenance of any such program, while deriving great benefits for themselves through meaningful participation. (c) There are many "fringe benefits" to any nutrition project. Quite aside from nutritional considerations, the provision of meals obviously can lure the isolated aged person into the program. It is equally evident that the meals can provide a context in which resocialization can occur, as well as specific education tailored to various needs of the aged population. It would seem, therefore, that manifest recognition should be made of the potential held by nutrition programs for providing comprehensive services to this needy population."

TABLE IV-1.

INCOME OF THE ELDERLY ACCORDING TO SOURCE

(PERCENT)

SOURCE	RELATIVE FREQUENCY (PERCENT)
Salary	13.8
Social Security	88.2
Old Age Assistance	6.9
Employee Pension	32.3
Savings and Investments	41.2
Family	15.2

N=36.

TABLE IV-2.

MONTHLY INCOME OF PERSONS OVER 64 YEARS

OF AGE ACCORDING TO PERCENT

INCOME (DOLLARS)	PERCENT
$000-199	43.8
$200-299	31.3
$300-399	12.5
$400-499	0.0
$500-599	6.2
$600-699	6.2
Total	100.0

TABLE IV-3.

FREQUENCY OF MEAL PREPARATION BY THE ELDERLY

ACCORDING TO PART OF THE WEEK (PERCENT)

NUMBER OF MEALS	WEEK-DAYS	WEEK-ENDS
None	0.0	5.9
One	5.9	2.9
Two	38.2	32.4
Three	55.9	55.9
Four	0.0	2.9

TABLE IV-4.

RESOURCES UTILIZED BY THE ELDERLY IN MEAL

PREPARATION AND MENU PLANNING (PERCENT)

RESOURCE	RELATIVE FREQUENCY (PERCENT) YES	NO
Newspaper	9.1	90.9
Television	14.7	85.3
Parent-Teachers	3.0	97.0
Extension	0.0	100.0
Clubs	2.9	97.1
Magazines	14.7	85.3
Other Sources	10.0	90.0

TABLE IV-5.

MEALS EATEN AWAY FROM HOME BY THE ELDERLY

ACCORDING TO COMPANIONS (PERCENT)

COMPANION(S)	RELATIVE FREQUENCY (PERCENT)
No One	13.8
Relatives	34.5
Friends	51.7

TABLE IV-6

THE CONSUMPTION OF TOBACCO PRODUCTS BY THE

ELDERLY ACCORDING TO TYPE (PERCENT)

CONSUMPTION TYPE	RELATIVE FREQUENCY YES	NO
Cigarettes	34.3	65.7
Pipe	5.9	94.1
Snuff	2.8	97.2

FOOTNOTES

[1]James E. Montgomery, "Magna Carta of the Aged," Journal of Home Economics, 65 (April 1973), pp. 7-8.

[2]Jeanette Pelcovits, "Nutrition to Meet the Human Needs of Older Americans," Journal of the American Dietetic Association, 60 (April 1972), p. 297.

[3]H. B. Brotman, The Older Population: Some Facts We Should Know. Administration on Aging Publication No. SRS-AoA-164-1971 (April 1971).

[4]Let's End Isolation. Administration on Aging Publication No. 129 (1971).

[5]Jeanette Pelcovits, "Nutrition to Meet the Human Needs of Older Americans," Journal of the American Dietetic Association, 60 (April 1972), p. 297.

[6]Ibid.

[7]Sandra C. Howell and Martin B. Loeb, "Nutrition and Aging: A Monograph for Practitioners," The Gerontologist, 9 (1969), p. 49.

[8]Ibid.

[9]Jack Weinberg, "Psychologic Implications of the Nutritional Needs of the Elderly," Journal of the American Dietetic Association, 60 (April 1972), p. 294.

[10]Nutrition for the Elderly. United States Department of Health, Education and Welfare, Administration on Aging Publication No. (SRS) 73-20236 (1973), p. 5.

[11]Ibid., p. 7.

[12]Ten State Nutrition Survey in the United States, 1968-70. United States Department of Health, Education and Welfare, Preliminary Report to Congress (April 1971), p. 41.

[13]M. Brin; M. V. Dibble; and E. McMullen, "Evaluation of the Nutritional Status of Elderly Subjects," Journal of the American Geriatric Society, 15 (1969), p. 1031.

[14]Omer Pelletier, "Cigarette Smoking and Vitamin C," Nutrition Today, 5 (Autumn 1970), p. 12.

[15]Ibid.

[16]An Evaluation of Research in the United States on Human Nutrition: Report Number 2. (Washington, D. C.: United States Department of Agriculture, 1971).

[17]Jeanette Pelcovits, "Nutrition to Meet the Human Needs of Older Americans," Journal of American Dietetic Association, 60 (April 1972), p. 18.

[18]An Evaluation of Research in the United States Human Nutrition: Report Number 2. (Washington, D. C.: United States Department of Agriculture, 1971), p. 3.

[19]Ibid.

[20]E. Neige Todhunter. White House Conference on Aging: Nutrition Background. (Washington, D. C.: United States Government Printing Office, 1971).

[21]Adeline M. Hoffman, "How Can We Help the Elderly?" Journal of Home Economics, 65 (April 1973) p. 17.

[22]Jeanette Pelcovits, "Nutrition to Meet the Human Needs of Older Americans," Journal of American Dietetic Association, 60 (April 1972), p. 298.

[23]Ibid.

[24]"Helping Older People Meet Their Nutritional Needs," Nutrition Program News, (Washington, D. C.: United States Department of Agriculture, January-February 1970), p. 3.

[25]Ibid.

[26]Jeanette Pelcovits, "Nutrition to Meet the Human Needs of Older Americans," Journal of the American Dietetic Association, 60 (April 1972), p. 299.

[27]Ibid.

[28]"Helping Older People Meet Their Nutritional Needs," Nutrition Program News, (Washington, D. C.: United States Department of Agriculture, January-February 1970), p. 3.

[29]Ibid., p. 4.

[30]Douglas Holmes, "Nutrition and Health - Screening Services for the Elderly," Journal of the American Dietetic Association, 60 (April 1972), p. 305.

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CHAPTER V

LAND USE

Sonia Willinger*

Figure 4 shows the geographical area within which the land-use study was taken. As one walks within the area, the first thing one notices is the quiet dignity of decay with which some of the larger houses stand. Most of the houses have this quiet aura of hopelessness. It is a feeling that almost manifests itself as one stands in front looking at them; they seem to stare back dejectedly. With the exception of a block of new apartments and two duplexes all of the houses are old and many are in extreme need of repair. From this it could be concluded that the owners feel the worst is to be considered and that sooner or later the city government will want the land upon which the houses stand for other purposes.

In order to ascertain the increase and/or decrease of residential, business, and apartment land usages, Tables V-1 and V-2 were compiled from the Greensboro City Directories for the years 1963 and 1973, respectively. Perhaps it should be pointed out that in 1963 West Lindsay Street did not exist and West Friendly Avenue was Gaston Street. Table V-3 shows the gains and losses of residences, businesses and other types of land usage for the ten year period 1963-1973.

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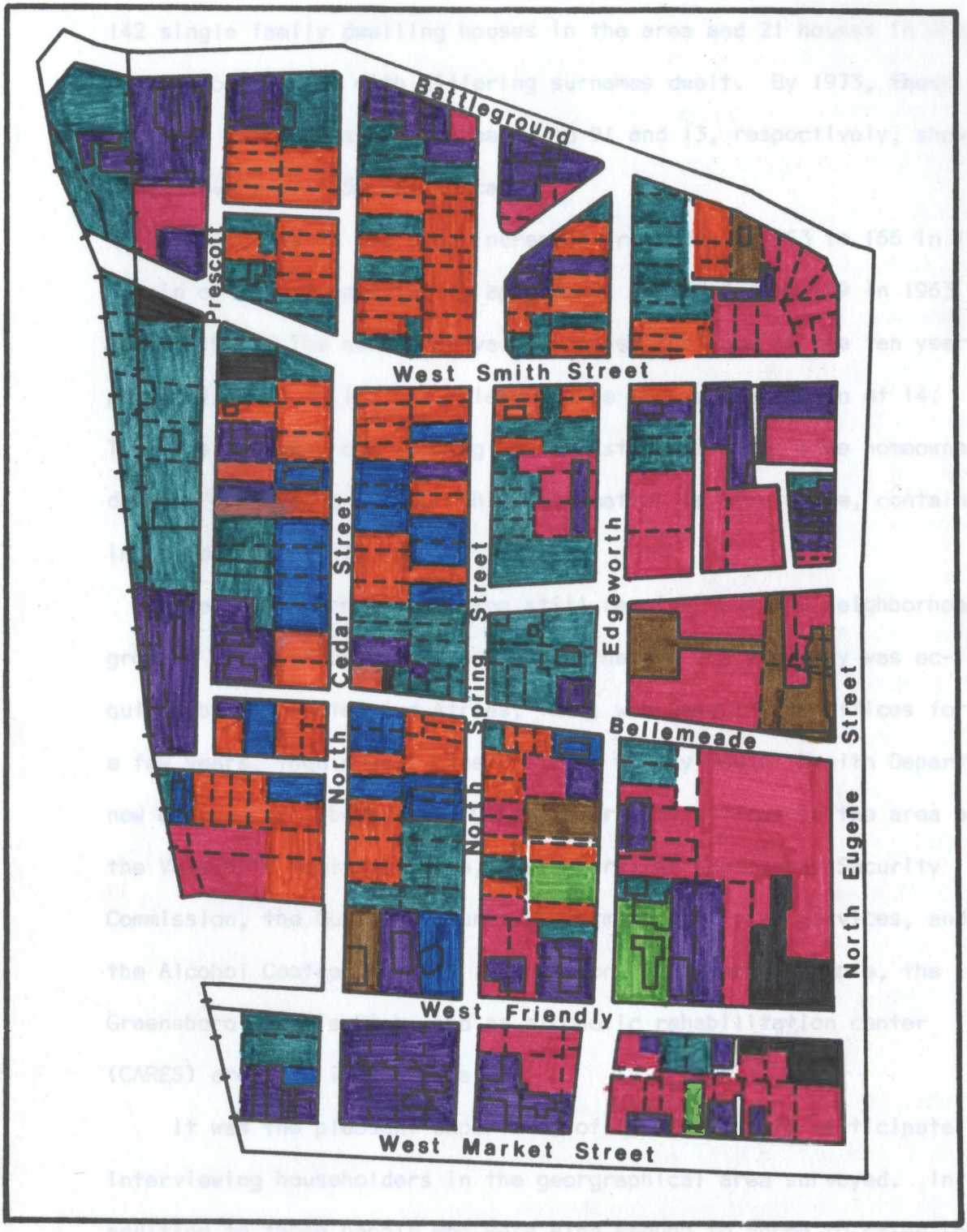
*Ms. Willinger at the time of the study was an undergraduate student in the Department of Sociology and Anthropology.

FIGURE 4

STUDY AREA



LAND USE

- Parking
- Single Family
- Vacant Lot
- Multiple Family
- Vacant Business
- Occupied Business
- Government Offices
- Institutional

The Greensboro City Directory for the year 1963 shows there were 142 single family dwelling houses in the area and 21 houses in which two or more people with differing surnames dwelt. By 1973, these types of residences had decreased to 91 and 13, respectively, showing a loss overall of 59 residences.

Businesses in the area increased from 138 in 1963 to 166 in 1973, a gain of 28. Surprisingly, apartments declined from 159 in 1963 to 147 in 1973. The number of vacant houses declined in the ten year period from 29 to 15; and this could be considered a gain of 14. There is now only one rooming house listed, although some homeowners do rent out single rooms. This information is, therefore, contained in residential-multi-family.

The one church in the area still remains, but the neighborhood grocery store, Krogers, is no longer there. The property was acquired by Burlington Industries, Inc., who used it for offices for a few years, then moved. The Guilford County Mental Health Department now occupies the building. Other government offices in the area are the Veteran's Administration, North Carolina Employment Security Commission, the Guilford County Department of Social Services, and the Alcohol Control Board. In addition, the Masonic Temple, the Greensboro Women's Club, and an alcoholic rehabilitation center (CARES) are also in the area.

It was the pleasant experience of this writer to participate in interviewing householders in the georgraphical area surveyed. In addition to those people who were kind enough to agree to being interviewed, answer the questionnaire and discuss problems of the

neighborhood, there were those who did not reply to the questionnaire, but who readily discussed problems they felt to be important.

Many people were concerned with what is going to happen to the vacant lots adjacent to their homes. The houses that once occupied the land have been razed and the land left for weeds to take over, in some instances rubbish to be dumped, and more often than not used for parking lots for the small businesses that are in the area. Most people seemed to feel, at least the ones with whom this observer spoke, that the city was going to "take over" and "do something" with the land, although not many of them bothered to go to any of the zoning meetings. A point of interest here is that many of those who voiced concern were people who rented. These were usually older people in their sixties and seventies and who did not want to have to move.

The residential part of this neighborhood was once very desirable because it is close to the central business district. Indeed, many of those people with whom this writer spoke wanted to live in the neighborhood because they were within walking distance of the downtown area. Their biggest problem was the lack of a local grocery store. Once there used to be a small grocery store on Bellemeade Street, but after about three robberies and some attempted robberies, the owner suffered a heart attack, prompting his wife to close the store. She said "it wasn't worth the terror it took to keep it open."

Several families found themselves pushed further from the center of town having moved at least three times within the past five years, because the houses in which they lived were condemned. As one old fellow put it, "it's as if there's a big yellow bulldozer following

me around!" Another lady had to move three times within the ten year period because the houses she rented were demolished. Her last move was two years ago to make room for the Exxon station on West Friendly Avenue. Before that she lived on Washington Street for a number of years; that house was demolished as was the one before that two blocks away. Her pattern of movement was within a six block area.

One lady who was renting a house located on North Edgeworth Street was informed it was to be condemned and was given notice to move. She maintained that there was nothing wrong with it, and she had been living there for a number of years. Apparently, the owner had sold it without informing her; she thought it had been sold to the city. This lady rents large houses, has five at present in Greensboro, and rents out rooms--usually to single men. This is her business. On October 20, 1973, the house being referred to on North Edgeworth Street was still standing but by November 10, 1973, when this writer went into the area to take a look at the cultural landscape, the house had been razed together with the entire block of houses with the exception of the corner lot on Bellemeade Street and North Edgeworth, where there is a new office building.

Most of the large houses in the area have been converted into apartments and rooming houses. This is not reflected in the Greensboro City Directory and one must go into the area and observe. The people who own or rent these houses derive most of their income from their tenants. Based upon observation, the rent charged for apartments, studio rooms, and for one room is not cheap. Three people this writer interviewed offered to show the apartments and rooms they

rented out, volunteered information about how much rent was charged, but refrained from stating their total monthly income. One lady, who rented out a house, took great pride in showing a "studio apartment" which consisted of one large furnished room, a bathroom (which was shared), two closets, and a hot plate; she rented this out for $22.50 per week. In the same house there were four other apartments three of which she rented out for $31.50 per week, the other apartment $40.00 per week; total income, $679.81 per month. She informed me that her monthly rent for the entire house was $100.00 per month but she paid all the utilities; all the furniture is hers; she refrained from stating her monthly income because she said that it depended upon whether the apartments were rented. This lady had problems with tenants. Some left without paying their rent. At the time of our interview the couple in the front apartment were not married to each other, so she said, and they had been told by her to leave.

A major social problem in the area is that of the condemned houses. The empty ones are meeting places for alcoholics who break in to sleep. This interviewer one Saturday morning in November 1973, saw city police cars pull up outside a condemned house on Bellemeade Street and policemen chase out about seven men who had obviously stayed there overnight. This confirmed the reports voiced earlier by concerned residents in the area. It appears the area is a cheap rental area for business. To most of those people with whom this writer talked, it appeared that the people who own their own businesses are happy with their locations, and those people who work in the area for various concerns feel no loss at not working in the central

business district, especially those who work in the suites of office buildings. They have no parking problems. Coming in to town they leave the traffic at the edge of the central business district; when going out they get ahead of the traffic at 5:00 p.m. and are home with a minimum of delay unless they have to go through the central business district or across town.

Figure 4 shows the land use of the geographical area surveyed as it existed in November 1973. The survey was a physical one in that the area was traversed on foot and a legend used to differentiate various types of land usage or non-usage as the case might be. This information was then transferred from work map into another map in color. It can readily be observed that although there are 97 residential lots, the number of vacant lots of which there are 75 is rapidly increasing, four houses have been condemned this year but are still standing; one is being lived in. There are also a number of vacant buildings that appear to be uninhabitable deserted property. The number of lots with apartments totals 25. This figure includes only some of those houses that have been converted into two or more apartments (ascertained by the number of mail boxes observed).

The amount of space occupied by cars is considerable in addition to parking lots for the Guilford County Department of Social Services, the Edgeworth and Daniels Buildings, and North State Cheverolet, Inc. The number of lots that have been cleared and either paved or gravelled for parking seems too many. The map speaks for itself.

Omitting the immediate periphery of the central business district from Eugene Street to North Edgeworth Street, and West Market Street

to West Friendly Avenue, we have an area of transition both business- and population-wise. It is interesting to speculate how much more land will be used for business in order to expand the central business district. It is also interesting to speculate who now owns the land that has been cleared, and for what purposes it might be used. With this in mind this writer undertook to visit the Greensboro City Planning Department. The first question raised was, "Do you have a land-usage map?" They did not, in fact the attached land usage map is the latest one that has been done in the area at this time.

No one in the Planning Department had any idea for what any of the vacant lots were going to be used. There was much speculation among members of the staff particularly concerning the block of Bellemeade, Edgeworth, Lindsay, and Spring Streets. One person said the city owned the property, another thought the county did, and someone else said that he had heard a new Social Security Commission building would be built there. Interestingly enough, as can be seen from the attachments concerning ownership and tax tables, this entire block is unlisted in the city's ownership tax books. Although this writer was informed that those books are not entirely up-to-date, one could not help but think about the houses which were standing as late as the end of October 1973, and remember seeing the freshly overturned and churned up earth on November 17th and 18th, 1973, as a result of those houses having been demolished.

This observer wondered why a family was still allowed to live in a condemned house; it was explained that the owners, if they were the inhabitants, were given a certain length of time to improve the

property. Unfortunately, in this area most owners do not bother to renovate. When questioned as to why or what constituted a "condemned house," the reply was the general appearance and a five point scale used to determine certain safety factors--roof, porch, steps, stairs and other like factors. It was also explained that if the land has to be acquired by the city or county for throughways or other improvements, then it was a combination of house condemnation and just plain pressure for the owner to sell to the city.

Apparently, it is not as easy as one would think for any one person or company to acquire blocks of adjoining property in any one area. Because the lots are owned by many different people most of whom are ordinary citizens and/or heirs to property, owners pay the taxes on the land and hold it. In addition, houses are bought and sold often times with rapidity in the area, and it is difficult for anyone, even the city, to keep up with changes in ownership.

Members of the City Planning Department have had rezoning meetings with the owners of property in the area who are also living there. These people would like to have their land rezoned commercial, industrial, or institutional because they realize it would be worth more money to their children or to whom inherited the property. But most of these people are elderly, are living in their homes on fixed incomes and are afraid that if they have the land rezoned for commercial use they will be evicted. This whole aspect is extremely complicated.

Permission was given to use the land tax records for ownership and tax value. The result of a survey taken from these books is given

in Table V-4. Of the 75 vacant lots 20 are unlisted in the books: two are unzoned; 31 are residential lots with a tax value of $306,370; and 22 are commercial lots with a tax value of $441,220. By tax value is meant a tax base of 42 percent; to arrive at what the land would sell for on the open market we should double the tax base of 42 percent and add 20 percent, this would then approximate the value.

Of the 75 lots, 33 are owned privately (three of the owners do not live in Greensboro); 14 are owned by corporations (five are owned by one corporation in Birmingham, Alabama). The 20 unlisted lots which do not state ownership or tax value are believed to be owned either by the city, county, state, or federal governments; North State Cheverolet Employees' Retirement Trust owns six lots; and the Masonic Temple owns the two unzoned lots for a tax value of $67,860.

What is going to happen in the area? No one in the Planning Department really knows. They will readily admit that there is concern being expressed by someone because they have been asked to do a survey of land usage in the area. There is much land used for parking within walking distance to the central business district. As a consequence, many people will never use a public transport system, however efficient, while there is so much parking space available. While at the Planning Department, this writer was told that Jefferson Corner was going to be razed. Also, the old city hall was to be demolished for another parking garage. At the time of the writing of this report these demolitions occurred.

Proper land usage is extremely important, and it must be carefully planned for maximum desirable results. The President's Commission on

Population Growth and the American Future felt it was important enough to point out most clearly in their report that:

> "The quality of life in an urban area depends largely on how its land is used--the location and character of housing, the amount and accessibility of open space, the compatibility of adjacent land uses, the transportation system. Land-use regulations, principally zoning and subdivision regulations, are the chief government tools to influence local land use patterns and the character of development...In order to promote environmental, social, and economic objectives, governments must begin to ask what the best use of land would be. New development should satisfy such public needs as ample open space and efficient and equitable transportation. It should not violate the environmental integrity or the social viability of the community."[1]

This observer can add no more, only fervently hope that our city planners take heed of all factors governing land use and the effects on those people who are forced through socioeconomic reasons to live in certain areas of our city.

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[1]The Report of the Commissions on Population Growth and the American Future. Population and the American Future (Washington, D. C. Superintendent of Documents, U. S. Government Printing Office), p. 122.

TABLE V-1.

LAND USE - DOWNTOWN GREENSBORO SECTION
(1963)

LOCATION	RESIDENTIAL SINGLE	RESIDENTIAL MULTI	BUSI-NESSES	APTS.	VACANT HOUSES	OTHER	ROOMING
Prescott Street	12	-	10	-	6	-	-
North Cedar St.	39	7	9	87	4	-	1
North Spring Street	41	6	5	20	6	-	-
North Edgeworth Street[1]	27	6	5	42	4	2	-
Golden Court	2	-	-	-	-	-	-
North Eugene St.	-	-	15	-	-	-	-
West Smith St.	-	-	2	-	-	-	-
Bellemeade Street	10	-	4	5	1	-	-
West Lindsay Street	DID NOT EXIST						
West Gaston Street	2	2	42	-	1	1	2
West Market St.(even numbers)	1	-	32	-	5	2	-
Guilford Avenue	5	-	-	5	-	-	-
Battle-ground Ave.(odd numbers)	3	-	14	-	1	-	-
TOTAL	142	21	138	159	29	6	3
1973 Total	91	13	166	147	15	10	1
Change 1963-73	-51	-8	+28	-12	+14	+4	-2

[1] 232 under construction.

TABLE V-2.

LAND USE - DOWNTOWN GREENSBORO SECTION
(1973)

LOCATION	RESIDENTIAL SINGLE	RESIDENTIAL MULTI	BUSI-NESSES	APTS.	VACANT HOUSES	OTHER	ROOMING
Prescott Street	8	-	13	-	4	-	-
North Cedar St.	40	3	3	96	3	-	-
North Spring St.	27	4	9	18	3	-	1
North Edgeworth Street	4	4	22	28	3	4	-
Golden Court	2	-	-	-	-	-	-
North Eugene St.	-	-	9	-	-	1	-
West Smith St.	-	-	4	-	-	-	-
Bellemeade Street	3	1	1	-	2	-	-
West Lindsay Street	-	-	-	-	-	-	-
West Friendly Avenue	1	-	57	-	-	2	-
West Market St. (even no.)	1	-	35	-	-	1	-
Guilford Avenue	4	1	-	5	-	-	-
Battleground Ave. (odd numbers)	1	-	13	-	-	2	-
TOTAL	91	13	166	147	15	10	1

TABLE V-3

LOSSES AND GAINS IN LAND USE ACCORDING TO BUILDING

DOWNTOWN GREENSBORO SECTION
(1963 - 1973)

BUILDING TYPE	CHANGE LOSS	CHANGE GAIN
Residential (single)	51	-
Residential (multi)	8	-
Businesses	-	28
Apartments	12	-
Vacant Houses	-	14
Other	-	4
Rooming Houses	2	-
TOTALS	73	46

TABLE V-4.

VACANT LOTS ACCORDING TO OWNER, ZONING

AND TAX BASE

DOWNTOWN GREENSBORO SECTION, 1974

LOCATION & OWNER	ZONING	TAX BASE-42%
NORTH EUGENE STREET		
41 N. Eugene Block 3: Lot 18: (21) Kellenberger	2 Lots Commercial	$ 22,810
NORTH EDGEWORTH ST.		
215 N. Edgeworth Block 6: Lot 11: (21) Edgeton Incorporated	1 Lot Residential	18,240
224 N. Edgeworth Block 7: Lot 11: (21) Longest	1 Lot Residential	28,810
242 N. Edgeworth Block 7: Lot 17: (21) B of A, Incorp.	1 Lot Commercial	21,200
248 N. Edgeworth & 127 Bellemeade Block 7: Lot 1: (21) Parsons	1 Lot Residential	25,170
403 N. Edgeworth & W. Lindsay Block 2: Lot 9: (21) Walter	1 Lot Commercial	28,170
416 N. Edgeworth Block 3: Lot 5: (21) Fentress	1 Lot Residential	15,210
418 N. Edgeworth Block 3: Lot 4: (21)	UNLISTED	--

TABLE V-4. (Continued)

LOCATION & OWNER	ZONING	TAX BASE-42%
NORTH EDGEWORTH STREET		
419 N. Edgeworth Block 2: Lot 5: (21) Dillon	1 Lot Commercial	$ 14,880
420 N. Edgeworth Block 3: Lot 3: (21)	UNLISTED	--
N. Edgeworth & 504 N. Spring Block 3: Lot 16: (22) Ru Dan Investment Co.	1 Lot Residential	19,530
506 N. Edgeworth Block 4: Lot 8: (22) North State Cheverolet Employees' Retirement Trust	1 Lot Commercial	6,260
508 N. Edgeworth Block 4: Lot 6: (22) North State Cheverolet Employees' Retirement Trust	1 Lot Commercial	7,280
510 N. Edgeworth Block 4: Lot 5: (22) North State Cheverolet Employees' Retirement Trust	1 Lot Commercial	7,280
511 N. Edgeworth Block 3: Lot 12: (22) Walter	1 Lot Residential	19,680
514 N. Edgeworth Block 4: Lot 4: (22) North State Cheverolet Employees' Retirement Trust	1 Lot Commercial	7,280

TABLE V-4. (Continued)

LOCATION & OWNER	ZONING	TAX BASE-42%
516 N. Edgeworth Block 4: Lot 3: (22) North State Cheverolet Employees' Retirement Trust	1 Lot Commercial	$ 6,900
518 N. Edgeworth Block 4: Lot 2: (22) North State Cheverolet Employees' Retirement Trust	1 Lot Commercial	20,910
NORTH SPRING STREET		
217 N. Spring Block 5: Lot 11: (21) Pilot Life Insurance Company	1 Lot Commercial	4,060
219 N. Spring Block 5: Lot 10: (21) Miller, Raleigh	1 Lot Residential	1,270
220 N. Spring Block 6: Lot 19: (21) Gianopulos	1 Lot Residential	8,270
221 N. Spring Block 5: Lot 9: (21) Bird, Florence, S. C.	1 Lot Residential	2,560
223 N. Spring Block 5: Lot 8: (21) Bird, Florence, S. C.	1 Lot Residential	2,130
N. Spring Block 6: Lot 1: (21)	UNLISTED	--
307 N. Spring Block 1: Lot 14: (21)	UNLISTED	--
309 N. Spring Block 1: Lot 13: (21) Agapion	1 Lot Residential	19,280

TABLE V-4 (Continued)

LOCATION & OWNER	ZONING	TAX BASE-42%
311 N. Spring Block 1: Lot 12: (21) Kusenberg	1 Lot Residential	$ 8,210
406 N. Spring Block 2: Lot 28: (21) Walter	1 Lot Commercial	8,540
410 N. Spring Block 2: Lot 21: (21) Daniel Realty Co. Birmingham, Ala.	1 Lot Residential	5,880
412 N. Spring Block 2: Lot 22: (21) Daniel Realty Co.	1 Lot Residential	5,740
414 N. Spring Block 2: Lot 23: (21) Daniel Realty Co.	1 Lot Residential	4,710
416 N. Spring Block 2: Lot 24: (21) Daniel Realty Co.	1 Lot Residential	4,710
418 N. Spring Block 2: Lot 25: (21) Daniel Realty Co.	1 Lot Residential	7,800
420 N. Spring Block 2: Lot 26: (21) Ademy	1 Lot Residential	15,540
504 N. Spring & Smith (NE Corner) Block 3: Lot 16: (22) Ru Dan Investment Corp.	1 Lot Residential	19,530
NORTH CEDAR STREET		
N. Cedar & 901 Battleground (Cnr.) Block 1: Lot 4: (22) Pearce et al	1 Lot Commercial	19,310

TABLE V-4. (Continued)

LOCATION & OWNER	ZONING	TAX BASE-42%
115 N. Cedar Block 13: Lot 2: (38) Weatherly	1 Lot Commercial	$ 3,880
117 N. Cedar Block 13: Lot 3: (38) Weatherly	1 Lot Commercial	7,560
212 N. Cedar Block 5: Lot 15: (21) Lambert Investment Co.	1 Lot Residential	7,660
408 N. Cedar Block 1: Lot 20: (21) Kendall	1 Lot Residential	2,130
427 N. Cedar Block 6: Lot 1: (38) Atkins	1 Lot Residential	10,880
502 N. Cedar Block 2: Lot 18: (22) Amprazis	1 Lot Residential	1,280
505 N. Cedar Block 1: Lot 11: (22)	UNLISTED	--
507 N. Cedar Block 1: Lot 10: (22) Campbell	1 Lot Residential	4,710
508 N. Cedar Block 2: Lot 22: (22) Church	1 Lot Residential	2,580
518 N. Cedar Block 2: Lot 23: (22) Shoemaker	1 Lot Residential	9,610
540 N. Cedar Block 2: Lot 27: (22) Armfield	4 Lots Commercial	9,300

TABLE V-4. (Continued)

LOCATION & OWNER	ZONING	TAX BASE-42%
PRESCOTT STREET		
411 Prescott St. Block 5: Lot 9: (38)	UNLISTED	--
412 Prescott Block 6: Lot 15: (38) Meyland/McFetters	1 Lot Commercial	$ 32,410
Prescott Block 7: Lot 20: (39) Varsamis	1 Lot Residential	9,410
431 Prescott Block 8: Lot 24: (39) Bonitz Insulation	1 Lot Commercial	41,640
Prescott Block 5: Lot 2: (28)	UNLISTED	--
502-4 Prescott Block 1: Lot 14: (22) B. Beaman	1 Lot Commercial	5,110
507 Prescott Block 1: Lot 19: (29) Bowman	1 Lot Residential	10,500
510 Prescott & Smith Block 1: Lot 18: (22) B. Beaman	1 Lot Commercial	17,310
512 Prescott Block 1: Lot 20: (22) Bardex Corp. B. Beaman	1 Lot Residential	5,900
1007 Battleground W. Smith & Prescott Block 8: Lot 22: Bardex Corp.	1 Lot Commercial	127,160

TABLE V-4. (Continued)

LOCATION & OWNER	ZONING	TAX BASE-42%
WEST FRIENDLY AVENUE		
W. Friendly Block 9: Lot 26: (38)	UNLISTED	--
431 W. Friendly Block 10: Lot 4: (21) Masonic Temple	1 Lot Unzoned	$ 33,930
433 W. Friendly Block 10: Lot 3: (21) Masonic Temple	1 Lot Unzoned	33,930
GUILFORD AVENUE		
417 Guilford Block 9: Lot 12: (38) Pickett	1 Lot Commercial	21,970
BELLEMEADE STREET		
525 Bellemeade Block 6: Lot 1: (21)	UNLISTED	--
600 Bellemeade Block 1: Lot 31: (21)	UNLISTED	--
606 Bellemeade Block 1: Lot 15: (21) Lambeth & Heirs	1 Lot Residential	1,640
610 Bellemeade Block 1: Lot 32: (21) Priddy	1 Lot Residential	7,800
612 Bellemeade Block 1: Lot 16: (21)	UNLISTED	--

THE FOLLOWING LOTS ARE BELIEVED TO BE OWNED BY THE COUNTY AND ARE UNLISTED:

311 N. Edgeworth
Block 2: Lot 12: (21)

TABLE V-4 (Continued)

LOCATION & OWNER	ZONING	TAX BASE-42%
THE FOLLOWING LOTS ARE BELIEVED TO BE OWNED BY THE COUNTY AND ARE UNLISTED:		
315 N. Edgeworth Block 2: Lot 11: (21)		
317 N. Edgeworth Block 2: Lot 10: (21)		
306 N. Spring Block 2: Lot 17: (21)		
308 N. Spring Block 2: Lot 18: (21)		
310 N. Spring Block 2: Lot 19: (21)		
512 Bellemeade Block 2: Lot 14: (21)		
520 Bellemeade Block 2: Lot 15: (21)		
524 Bellemeade Block 2: Lot 16: (21)		
SUMMARY:		
Residential Lots (31)		$ 306,370
Commercial Lots (22)		441,220
Unzoned Lots (2)		67,860
Unlisted Lots (20)		--
TOTAL (75)		815,450

APPENDIX

QUESTIONNAIRE

Address_____ Code #_____

Date _____ Interviewer_____

Household Section:

Relationship	Age	Sex	Occupation	Years of Schooling
1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20

21.	Race			W	N	O	21
22.	Sex				M	F	22
23.	Date of Birth_____						23
24.	Place of Birth_____						24
25.	Are you now married? Separated? Divorced? Widowed? Single?	M	Sep	D	W	S	25
26.	How many times have you been married?		1	2	3	4	26
27.	What is your job?_____						27
28.	Have you ever been a farmer?			Y		N	28
29.	Were your parents ever farmers?			Y		N	29
30.	Were your spouse's parents ever farmers?			Y		N	30
31.	Do you own this house, rent a house, rent an apartment, or live with family?	O	Rh		Ra	L	31
32.	Number of rooms occupied by your family:	1	2	3	4	5	32
33.	How long have you lived here (in years)?	1	1-3	3-5		5+	33
34.	Where did you move from (nearest cross road or town)?_____						34

35. How long did you live there? (in years) -1 1-3 3-5 5+ 35

36. Why did you leave there? _____ 36

37. If under 5 years there, where did you live before? _____ 37

38. Why did you leave there? _____ 38

39. Why did you choose this house? _____ 39

40. Do you have any handicaps? Y N
Describe _____ 40

41. Do any of your family living here have handicaps? Y N 41

42. Do you have relatives in town or nearby? Y N 42

43. How often do relatives come to see you? (daily, weekly, monthly, less often) D W M L 43

44. How often do friends come to you? D W M L 44

45. Do you have a telephone? Y N 45

46. If not, access to one? Y N 46

Nutrition Section:

47. Does your family use any form of budget? Y N 47

48. How much ($) of your income is spent on food? $_____ 48

49. How much is your house payment or rent? $_____ 49

50. How much money does your family have to spend each month? $_____ 50

Which of the following do you receive income from:

51. Salary? Y N 51

52. Social Security? Y N 52

53. Employee Pension? Y N 53

54.	OAA?			Y	N	54
55.	Savings and investments?			Y	N	55
56.	From relatives, regularly?			Y	N	56
57.	Other? Describe (i.e. commodity foods) _____			Y	N	57
58.	How often do you buy any of the so called convenience foods? (frequently, sometime, never)			F S	N	58
59.	How is left over food used? _____					59
60.	Approximately how many meals are prepared on weekdays?		1	2 3	4	60
61.	Approximately how many meals are prepared on weekends?		1	2 3	4	61
62.	Approximately how long do you spend eating breakfast?	1/2	1	1-1/2		62
63.	.....Lunch?	1/2	1	1-1/2		63
64.	.....Dinner?	1/2	1	1-1/2		64
65.	.....Snacks?	1/2	1	1-1/2		65
66.	Do you have help preparing and serving meals? Who?_____			Y	N	66
67.	Do you have help around the house? Who? _____			Y	N	67
68.	How many times were members of your family away from home at mealtime during the working week? _____					68
69.	How many times were members of your family away from home at mealtime during the weekend? _____					69
70.	Have you received help on menu planning and meal preparation from the Newspaper?			Y	N	70
71.	.....Radio/TV?			Y	N	71
72.	.....Parent-Teacher (PTA)?			Y	N	72

73.	.....Extension Service?	Y		N	73
74.	.....Clubs?	Y		N	74
75.	.....Magazines?	Y		N	75
76.	.....Other? (list)_____	Y		N	76
77.	Are members of your family subject to colds?	y		N	77
78.	Does your family have pets? Describe _____	Y		N	78
79.	How often do you eat out? _____				79
80.	With whom do you eat out? _____				80
81.	Where do you eat out? _____				81
82.	How many meals during the day do you eat alone?_____				82
83.	How many meals during the day do you eat with others? _____				83
84.	How often do you eat between meals? (Frequently-Sometime-Never)	F	S	N	84
85.	Generally how would you describe your appetite? (Good-Fair-Poor)	G	F	P	85
86.	Do you have any particular food dislikes? Describe _____	Y		N	86
87.	Do you take a vitamin or mineral concentrate? (Daily-Occasionally-Never)	D	O	N	87
88.	Are your bowel habits regular?	Y		N	88
89.	How often is it necessary for you to take a laxative?	D	O	N	89
90.	Do you rest during the day?	Y		N	90
91.	Do you sleep well at night? (Frequently-Sometime-Never)	F	S	N	91
92.	Do you take any kind of outdoor exercise? Describe: _____	Y		N	92
93.	How often?	D	O	N	93
94.	Do you smoke cigarettes? How much? _____	Y		N	94

95. Do you smoke a pipe?_____ Y N 95

96. Do you dip snuff? _____ Y N 96

97. What was your job before retirement?_____ 97

98. What was your spouse's job before retirement? _____ 98

99. Do you subscribe to a monthly magazine? Y N 99

100. Do you subscribe to a weekly magazine? Y N 100

101. Do you subscribe to a daily newspaper? Y N 101

Indicate your degree of agreement with the following statements:

102. I believe that older people can play a vital role in various volunteer activities? (strongly agree-agree-disagree-strongly disagree-undecided) Sa A D Sd U 102

103. I believe that young people should carry the load of social responsibility, and that older people have "put in their time" and now deserve a rest. Sa A D Sd U 103

104. I believe that older people have renewed energy and interest in activities once they are freed from the need to hold a full time job to earn a living. Sa A D Sd U 104

105. I believe that retired people have an opportunity for a satisfying life. Sa A D Sd U 105

106. I believe that people 65 years of age and over have a lot to offer our society, and that their opinions and expertise should be sought. Sa A D Sd U 106

107. I believe that young people have no respect or consideration for old people. Sa A D Sd U 107

108. The world is made for young people. Sa A D Sd U 108

109. Tell me if you have attended any of the following events that I will read to you, in the last year: Movies Y N 109

110. Plays Y N 111. Concerts Y N 111

112. Lectures Y N 113. Roller Derby Y N 113

114.	Wrestling	Y	N	115.	Baseball	Y	N	115
116.	Football	Y	N	117.	Hockey	Y	N	117
118.	Horse show	Y	N	119.	Dog show	Y	N	119

120. Have you ever held any office in a professional or social organization? Y N 120

121. Do you own a car? Y N 121

122. Do you ever drive someone else's car? Y N 122

123. Do you drive your own car? Y N 123

The following is an index to Answers 124 through 135:
Daily (D); Twice Weekly (TW); Weekly (W); Twice Monthly (TM); Monthly (M); 3 Months (3M); 6 Months (6M); Annually (A); Other _____

124. Major Grocery Shopping 124

1. Where? _____
2. How often? D TW W TM M 3M 6M A Other _____
3. How do you get there? Auto Bus Taxi Walk Ride with _____ Other _____
4. From time you leave until you return, how much time does it take? ½ 1 1½ 2 2½ 3 Other _____
5. Are there any problems involved? Describe: _____
6. Would you go more often with better transportation? Yes No

125. Other Shopping 125

1. Where? _____
2. How often? D TW W TM M 3M 6M A Other _____
3. How do you get there? Auto Bus Taxi Walk Ride with _____ Other _____
4. From time you leave until you return, how much time does it take? ½ 1 1½ 2 2½ 3 Other _____
5. Are there any problems involved? Describe: _____
6. Would you go more often with better transportation? Yes No

126. Pharmacy

1. Where?_____ 126
2. How often? D TW W TM M 3M 6M A
   Other_____
3. How do you get there? Auto Bus Taxi Walk
   Ride with_____ Other_____
4. From time you leave until you return, how much time does it take? ½ 1 1½ 2 2½ 3
   Other_____
5. Are there any problems involved? Describe:
   _____
6. Would you go more often with better transportation? Yes No

127. Minor Grocery Shopping 127

1. Where?_____
2. How often? D TW W TM M 3M 6M A
   Other_____
3. How do you get there? Auto Bus Taxi Walk
   Ride with_____ Other_____
4. From time you leave until you return, how much time does it take? ½ 1 1½ 2 2½ 3
   Other _____
5. Are there any problems involved? Describe:
   _____
6. Would you go more often with better transportation? Yes No

128. Doctor 128

1. Where?_____
2. How often? D TW W TM M 3M 6M A
   Other_____
3. How do you get there? Auto Bus Taxi Walk
   Ride with_____ Other_____
4. From time you leave until you return, how much time does it take? ½ 1 1½ 2 2½ 3
   Other _____
5. Are there any problems involved? Describe:
   _____
6. Would you go more often with better transportation? Yes No

129. Work 129

1. Where?_____
2. How often? D TW W TM M 3M 6M A
   Other_____

129. Work (Continued)

3. How do you get there? Auto Bus Taxi Walk
   Ride with_____ Other_____
4. From time you leave until you return, how much time does it take? ½ 1 1½ 2 2½ 3
   Other_____
5. Are there any problems involved? Describe:
   _____
6. Would you go more often with better transportation? Yes No

130. Church 130

1. Where?_____
2. How often? D TW W TM M 3M 6M A
   Other_____
3. How do you get there? Auto Bus Taxi Walk
   Ride with_____ Other_____
4. From time you leave until you return how much time does it take? ½ 1 1½ 2 2½ 3
   Other_____
5. Are there any problems involved? Describe:
   _____
6. Would you go more often with better transportation? Yes No

131. Voluntary Activities/Civic Meetings 131

1. Where?_____
2. How Often? D TW W TM M 3M 6M A
   Other_____
3. How do you get there? Auto Bus Taxi Walk
   Ride with_____ Other_____
4. From time you leave until you return, how much time does it take? ½ 1 1½ 2 2½ 3
   Other_____
5. Are there any problems involved? Describe:
   _____
6. Would you go more often with better transportation? Yes No

132. Relatives 132

1. Where?_____
2. How often? D TW W TM M 3M 6M A
   Other_____
3. How do you get there? Auto Bus Taxi Walk
   Ride with_____ Other_____

132. Relatives (Continued) 132

4. From time you leave until you return, how much time does it take? ½ 1 1½ 2 2½ 3 Other_____
5. Are there any problems involved? Describe:

_____

6. Would you go more often with better transportation? Yes No

133. Social Agency 133

1. Where? _____
2. How often? D TW W TM M 3M 6M A Other _____
3. How do you get there? Auto Bus Taxi Walk Ride with_____ Other_____
4. From time you leave until you return, how much time does it take? ½ 1 1½ 2 2½ 3 Other_____
5. Are there any problems involved? Describe:

_____

6. Would you go more often with better transportation? Yes No

134. Social Events/Hobbies 134

1. Where?_____
2. How often? D TW W TM M 3M 6M A Other_____
3. How do you get there? Auto Bus Taxi Walk Ride with_____ Other_____
4. From time you leave until you return, how much time does it take? ½ 1 1½ 2 2½ 3 Other_____
5. Are there any problems involved? Describe:

_____

6. Would you go more often with better transportation? Yes No

135. Friends 135

1. Where?_____
2. How often? D TW W TM M 3M 6M A Other_____
3. How do you get there? Auto Bus Taxi Walk Ride with_____ Other_____
4. From time you leave until you return, how much time does it take? ½ 1 1½ 2 2½ 3 Other_____

135. Friends (Continued) 135

5. Are there any problems involved? Describe:

_____

6. Would you go more often with better transportation? Yes No

136. HAND THE SEMANTIC DIFFERENTIAL SCALES HEADED "YOURSELF" TO RESPONDENT. THEN READ THE FOLLOWING INSTRUCTIONS: 136

I have just given you a list of scales that may or may not describe you as a person. Each of the five-point scales you see on the schedule represents a quality that varies from one extreme to the other. I want you to tell me what point on each scale best describes you as a person.

For example, the first scale at the top of the page represents the quality of smoothness. At one extreme is smooth and at the other extreme is rough. If you feel that smooth best describes you as a person you should answer "1", but if you think rough describes you best you should answer "5". If you don't think smooth or rough describes you, you should answer "3". If you think you are best described as somewhat smooth, answer "2" or somewhat rough answer "4".

In other words, simply tell me if you feel that the ends of a scale describe you best or whether a place nearer the center of a scale describes you best. I will now read the two extremes of each scale. You should look at the schedule I have given you and indicate what place on the scale describes you best. When you have decided, just tell me the number (1, 2, 3, 4, or 5). I want your first impression, so don't puzzle over your answers very long. Keep in mind that there are no correct or incorrect answers.

Let's begin with the first scale. Do you see yourself as smooth or rough or at some point in between?

SMOOTH :	1	2	3	4	5	:	ROUGH
DEPENDENT :	1	2	3	4	5	:	INDEPENDENT
FAST :	1	2	3	4	5	:	SLOW
BAD :	1	2	3	4	5	:	GOOD
RUGGED :	1	2	3	4	5	:	DELICATE

PASSIVE	:	1	2	3	4	5	: ACTIVE
PLEASANT	:	1	2	3	4	5	: UNPLEASANT
WEAK	:	1	2	3	4	5	: STRONG
EXCITABLE	:	1	2	3	4	5	: CALM
HAPPY	:	1	2	3	4	5	: SAD
HEAVY	:	1	2	3	4	5	: LIGHT
QUIET	:	1	2	3	4	5	: NOISY
UNLOVED	:	1	2	3	4	5	: LOVED
INVOLVED	:	1	2	3	4	5	: ISOLATED
COLD	:	1	2	3	4	5	: HOT
BEAUTIFUL	:	1	2	3	4	5	: UGLY
SHALLOW	:	1	2	3	4	5	: DEEP
FAST	:	1	2	3	4	5	: SLOW
WISE	:	1	2	3	4	5	: FOOLISH
CRUEL	:	1	2	3	4	5	: KIND

137. HAND THE SEMANTIC DIFFERENTIAL SCALES HEADED "OLD AGE" TO RESPONDENT. THEN READ THE FOLLOWING INSTRUCTIONS: 137

The purpose of this set of scales is to measure the meaning that the concept of old age has for you. I want you to judge the meaning of old age by telling me the point on each of the scales that in your opinion best describes old age.

The first scale is the smooth-rough scale. If you feel that smooth is the best description of old age, answer "1". If you feel rough is the best description of old age, answer "5". If you feel that old age can't be described as smooth or rough, answer "3". If you feel that old age is somewhat smooth, answer "2" or somewhat rough answer "4". In other words, tell me if the ends of the scale best describe old age or if a place nearer the center of the scale best describes old age. Again, I want your first impression, so don't think about your answer for a long time.

SMOOTH :	1	2	3	4	5	:	ROUGH
DEPENDENT :	1	2	3	4	5	:	INDEPENDENT
FAST :	1	2	3	4	5	:	SLOW
BAD :	1	2	3	4	5	:	GOOD
RUGGED :	1	2	3	4	5	:	DELICATE
PASSIVE :	1	2	3	4	5	:	ACTIVE
PLEASANT :	1	2	3	4	5	:	UNPLEASANT
WEAK :	1	2	3	4	5	:	STRONG
EXCITABLE :	1	2	3	4	5	:	CALM
HAPPY :	1	2	3	4	5	:	SAD
HEAVY :	1	2	3	4	5	:	LIGHT
QUIET :	1	2	3	4	5	:	NOISY
UNLOVED :	1	2	3	4	5	:	LOVED
INVOLVED :	1	2	3	4	5	:	ISOLATED
COLD :	1	2	3	4	5	:	HOT
BEAUTIFUL :	1	2	3	4	5	:	UGLY
SHALLOW :	1	2	3	4	5	:	DEEP
FAST :	1	2	3	4	5	:	SLOW
WISE :	1	2	3	4	5	:	FOOLISH
CRUEL :	1	2	3	4	5	:	KIND